# DOCUMENT RESUME

ED 292 044 CG 020 651

| | |
|---|---|
| AUTHOR | Owens, Ann English; And Others |
| TITLE | Report of National Collegiate Alcohol Awareness Week Activities Fall 1987. |
| PUB DATE | Dec 87 |
| NOTE | 97p.; Most pages contain light, broken type. |
| PUB TYPE | Reports - Descriptive (141) |
| EDRS PRICE | MF01/PC04 Plus Postage. |
| DESCRIPTORS | *Alcohol Abuse; *College Programs; College Role; College Students; Drinking; *Drug Abuse; *Drug Education; Higher Education; *Prevention; Program Implementation |

ABSTRACT

This document presents a report of the education and prevention activities recognizing National Collegiate Alcohol Awareness (NCAA) Week undertaken at Central Michigan University in Mt. Pleasant, Michigan during October and early November, 1987. It begins with a brief review of the university's campus-wide programs, goals, and activities to reduce alcohol abuse and other drug use. NCAA Week activities that were sponsored are reviewed, focusing on how they were implemented to encourage participation, the level of participation in the activities, program evaluations, and long-term results/impact of the week's activities. The report concludes with a summary of the planned alcohol and other drug education activities for the remainder of the academic year. Relevant materials are appended, including letters of support for the activities, flyers and advertisments, newspaper and magazine articles, memorandums, brochures, and newsletters. (NB)

***********************************************************************
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
***********************************************************************

ED292044

CG 020651

# REPORT OF NATIONAL COLLEGIATE ALCOHOL AWARENESS WEEK ACTIVITIES
Fall 1987

Ann English Owens, M.A.
Complex Manager, Housing

Kevin Rabineau, M.A.
Coordinator, Wellness Programs

Ross J. Rapaport, Ph.D.
Associate Professor - Counseling Center
Coordinator, Alcohol and Drug Abuse
Intervention and Prevention Program

David Lascu, M.A.
Assistant Director, Student Life

December, 1987

Central Michigan University
Mt. Pleasant, Michigan 48859

U.S. DEPARTMENT OF EDUCATION
Office of Educational Research and Improvement
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

☑ This document has been reproduced as received from the person or organization originating it.

☐ Minor changes have been made to improve reproduction quality.

- Points of view or opinions stated in this document do not necessarily represent official OERI position or policy.

"PERMISSION TO REPRODUCE THIS MATERIAL HAS BEEN GRANTED BY

Ross J. Rapaport

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

# REPORT OF NATIONAL COLLEGIATE ALCOHOL AWARENESS WEEK ACTIVITIES
## Fall 1987

The following is a report of the education and prevention activities recognizing National Collegiate Alcohol Awareness Week undertaken at Central Michigan University during October and early November, 1987. NCAA Week has become an integral component of our ongoing campus-wide efforts to reduce alcohol abuse and other drug use. Consequently, this report will begin by reviewing briefly our campus-wide programs, goals and activities. Following this discussion will be a review of the NCAA Week activities sponsored, how they were implemented to encourage participation, level of participation in these activities, program evaluation, and long term results/impact of the week's activities. Our NCAAW activities encompassed the entire month of October and some of November. The majority of the week's activities did occur during the week of October 21. The report will conclude with a summary of the planned alcohol and other drug education activities for the remainder of this academic year.

## ALCOHOL AND DRUG ABUSE INTERVENTION AND PREVENTION PROGRAM

Central Michigan University enrolled approximately 17,000 students during Fall Semester 1987. We have 19 residence halls which house 6,000 students in a comfortable living and learning environment. Our Alcohol and Drug Abuse Intervention and Prevention Program was implemented during Fall of 1984. The program is currently staffed by one half-time coordinator who reports directly to the Vice President of Student Affairs, and the newly hired Coordinator of Wellness Programs who reports jointly to the Director of the Health Services and the Program Coordinator. An Assistant Director of Student Life has responsibility for encouraging alcohol and other drug education activities by student organizations. A Housing Complex Manager has responsibility for staff training and alcohol programming in the residence halls. In addition, a number of volunteers staff a section of the Wellness Resource Center devoted to alcohol and other drug education. Two student assistants also are employed to run our alcohol education discipline program. Many other individuals throughout the campus community are involved in the program's educational efforts, including the entire Wellness Resource Center staff; faculty who include alcohol and other drug education information into course presentations; residence hall staff who do extensive educational programming on this topic; Orientation staff who discuss alcohol and other drug problems to incoming students and others.

The formal goals of the program are to:

- Encourage educated and responsible use of alcohol within the university community by those individuals of legal age.
- Support an individual's choice not to use alcohol if they so desire.
- Work towards reducing alcohol abuse and misuse.
- Educate and inform students, faculty, staff, administration and Mt. Pleasant community regarding alcohol use and abuse.
- Encourage and support alcohol related research.
- Increase awareness and availability of healthy alternatives to alcohol use.
- Enhance communication within and involvement by the university community regarding alcohol matters.

- Encourage and support preventive and early intervention efforts directed towards individuals who abuse alcohol or are alcohol dependent.

For the 1987-88 academic year, our alcohol and other drug programming activities will include (though not be limited to) the following: extensive educational programming in our residence halls; systematic training of residence hall staff in the early identification of problem drinking and appropriate referral for hall residents; completing a campus-wide alcohol policy; discussion of alcohol issues during new student, transfer student, and parent orientation; on-going campus wide speaker series; incorporating alcohol and other drug information in a wellness newsletter; staffing and providing educational information through the Wellness Resource Center; providing Alcohol Education Discipline Program groups to students who have alcohol related infractions of the student code of conduct (During the last three years approximately 150 students have completed these groups.); developing and/or distributing educational posters throughout campus; publishing educational articles in the student newspaper; conducting evaluation research on the discipline program; ordering and making available to the University community a number of films and videotapes on alcohol and other drug topics through the Wellness Resource Center; providing a support group for Adult Children of Alcoholics and students who want to remain chemically free through the Counseling Center; staff development activities for Counseling Center staff; providing educational materials at Orientation for students and their parents; an anti-drunk driving float during Homecoming; providing lists of community speakers and resources to residence hall staff and other members of the University community; planning to enhance the systematic education and involvement of faculty and staff regarding alcohol and other drug information; and involving as many people as are interested and willing in these efforts.

These activities are listed to demonstrate that NCAAW events do not occur in isolation and are, in fact, an important component of a systematic and ongoing campus-wide program to reduce alcohol abuse and prevent other drug use. Last year CMU was very proud to have been honored by the Inter-Association Task Force on Alcohol Issues at the joint meeting of NASPA and ACPA for being one of the top five schools in the country for our Alcohol Awareness Week programming during 1986.

## NCAAW ACTIVITIES, IMPLEMENTATION AND PARTICIPATION

Campus NCAAW events may be organized into those which were active and those which were passive. Active programming included campus-wide speaker series, residence hall programs, implementation of a designated driver program at a tailgater party for the Homecoming game, the ongoing support of an ACOA group using the Al-Anon format, a campus-wide "Red Ribbon Day" where members of the University community wore red ribbons in support of substance abuse education and reduction of abuse (All employees of the University received a letter explaining the purpose of Red Ribbon Day, along with a red ribbon.), and a Homecoming Day float with an anti-drunk driving theme. President Arthur Ellis also wrote a letter to the University community in support of the week´s activities and provided a press release through our Media Relations office; First Lady Nancy Reagan wrote our campus community a letter in support of the week´s activities, which was published in our student newspaper; and our City Commissioners passed a proclamation in support of Red Ribbon Day and Alcohol Awareness Week.

Passive programming included bulletin boards in residence halls, posters and flyers displayed throughout campus, films/videos played outside the Wellness Resource Center and Cafe Express at the Bovee University Center, and newspaper ads and articles supporting NCAAW in the student newspaper, CM Life. In addition, the Housing Office sent two individuals to the kick-off conference the week prior to large scale campus programming.

## Marketing and Advertisement

NCAAW activities were marketed through advertisements in CM Life, PSA's on local radio stations and materials mailed to students, student organizations and faculty and staff. Residence Hall staff individually encouraged attendance at events by residents and some faculty announced programs in classes.

Specific programs will be described on the following pages.

## HOUSING PROGRAMS DESCRIBED

We have 19 residence halls staffed by 130 Resident Assistants and 19 Residence Hall Directors. The following programs were undertaken by our Housing staff. Table 1 summarizes the number of times each program was offered, the number of participants and the number of evaluations collected. Nineteen different active programs were implemented a total of 43 times to 3,183 (estimate) students. Virtually all programs were evaluated formally or informally. All residence halls implemented at least five different passive programs which are summarized in Table 2. Three other passive programs were also provided. All passive programs were evaluated informally.

The following is a brief description of each Housing NCAAW program:

Movie "Kevin's Story" - This movie shows a young male who was responsible for the death of an 18 year old girl because he was drunk behind the wheel. Drinking and driving was discussed at length.

A Skit put on by residence hall students entitled "A Walk Down Coke 'Cocaine' Alley."

Breathalizer Test demonstrated by the Michigan State Police.

"Talking to Ralph on the Big White House Phone" - Educational presentation on the psychological effects of repeated abuse of alcohol.

Mocktail Party in Hall Lobby - Educational program on how it is the people who make a party fun and not alcohol.

Recovering CMU student shared his experiences of abuse, how his dependency on alcohol developed, and how he takes one day at a time as a recovering alcoholic.

Alternatives to Drinking - Residence life (Housing) staff planned social functions on Thursday, Friday and Saturday nights as an alternative to drinking.

Red Ribbon Day - PRIDE of CMU, a self-esteem enhancement, alcohol abuse prevention group in Housing distributed red ribbons to faculty,

## Table 1: Housing Active Programs

| Program | Number of Times Facilitated | Participants | Evaluation |
|---|---|---|---|
| Movie "Kevin's Story" | 7 | 125 | yes (76)* |
| A Skit | 1 | 30 | yes (30) |
| Breathalyzer Test | 6 | 274 | yes (100) |
| "Talking to Ralph on the Big White House Phone | 1 | 15 | informal |
| Mocktail Party (hall lobby) | 4 | 1,200 (estimate) | yes (300) |
| Presentation by recovering CMU student | 4 | 80 | yes (53) |
| Movie "Drinking and Driving the Toll, the Tears" | 2 | 232 | yes (200) |
| Mocktail Competition | 3 | 75 | yes (12) |
| Rapping Instead of Tapping | 1 | 15 | yes (5) |
| Movie "Bill Cosby Himself" | 1 | 10 | yes (8) |
| How much is too much: Affects of alcohol on the body | 2 | 30 | yes (19) |
| PRIDE Presentation | 4 | 300 | informal |
| Alcohol and Cocaine: A Deadly Combination | 1 | 36 | yes (21) |
| SADD Presentation | 1 | 7 | informal |
| This Could be You | 1 | 15 | yes (13) |
| Jaws of Life Demonstration | 1 | 200 | yes (69) |
| Partying 101 | 1 | 39 | informal |
| Prohibition Night | 1 | 500 | informal |
| Ugly RA Contest | 1 | no count taken | informal |
|  | 43 | 3,183 (estimate) |  |

* Number in parenthesis is the number of evaluations returned.

## Table 2: Housing Passive Programs

| Program | Number of Times Facilitated | Participants | Evaluation |
|---|---|---|---|
| Table Tents Cafeterias | 19 (all halls) | 6,500 (estimate) | informal |
| Reader's Digest Posters Campaign | 19 (all halls) | 6,500 (estimate) | informal |
| Green Bean Campaign | 19 (all halls) | 6,500 (estimate) | informal |
| Educational Bulletin Boards | 19 (all halls) | 6,500 (estimate) | informal |
| Skeleton Showcase | 1 | | informal |
| Red Ribbon Day | 1 (campus wide) | 5,000 (estimate) | informal |
| Alternatives to Drinking | 19 (all halls) | 6,500 (estimate) | informal |
| Wrecked Automobile | 1 | 500 (estimate) | informal |

administrators, and students to wear as a statement against drug and alcohol abuse. All University employees (approximately 2,000) received a letter in campus mail describing Red Ribbon Day and a red ribbon.

"Drinking and Driving, the Toll, the Tears" - New drinking and driving video - excellent.

Mocktail Competition - Competition between floors to see who could create the best mocktail.

Prohibition Night - Four halls went together for this event. The food commons was turned into a casino complete with horse races. R.A.'s served mocktails throughout the evening. In addition, a video dance ran simultaneously in the connecting area. Over 500 students participated.

Passive Programs - All R.A.'s on campus were responsible for creating a bulletin board on their floor with an alcohol education message.

Reader's Digest Poster Campaign - Throughout the month of October, posters were highlighted from the series at each of our 19 residence halls.

Rapping Instead of Tapping - An informal chat was facilitated about students and their use of alcohol. They also used an alcohol usage chart to define personal limits.

Table Tents - Table Tents, five in all, were put on all of the tables in all the University Food Commons. They had a variety of alcohol education information and quiz facts.

"Bill Cosby, Himself" - This video was shown with a discussion on how it is not funny to see people abuse themselves with drugs and alcohol.

How Much is Too Much? - Public safety officers came into the hall to discuss the legal aspects of drinking and driving. They also showed students a sobriety list.

Effects of Alcohol on the Body - A physiological look was taken on how alcohol affects the body. Repeated abuse patterns were highlighted in how alcohol affects the body.

PRIDE Presentation - PRIDE, Parents Resource Institute for Drug Education, presented their program to college students. PRIDE goes to high schools throughout the state of Michigan putting on day long workshops that emphasize self-esteem and saying no to drugs and alcohol.

Alcohol & Cocaine - A Deadly Addiction - The movie "Alcohol & Cocaine Addiction" was presented with discussion that followed.

SADD Presentation - Students learned what SADD's purpose is and that it is a student organization that promotes responsible drinking.

Green Bean Campaign - Green Bean Poster series was up throughout campus and also included newspaper ads. It asked students how many green beans they could eat and if their friend ate a six pack of green beans every night would they talk to him about it. Concluded if you could talk to your friend about their green bean problem could you talk to them about their drinking problem?

This could be you ... - A slide presentation and discussion focused on alcohol related accident victims. The slides were photographs taken at accident sites.

Wrecked Automobile - A car that was involved in a drunk driving accident was towed over, and left parked on the lawn that students in the Towers (our largest complex of four nine-floor residence halls) need to pass to get to classes. On it was posted a notice that the car was in the condition, minus the victims, that it was found in when police and wrecking crews arrived on the scene.

Jaws of Life Demonstration - The Mt. Pleasant Fire Department came out and did a demonstration on how they perform various victim rescues. They explained that a vast majority of these types of situations are alcohol related. They removed doors, balloon popped the front windshield out, forced the steering column to bend in case someone was trapped in or under it, and finally took the roof off of the car.

Skeleton Showcase - Obtained a set of bones in skeleton form from the Biology Department. Put together a showcase for the main lobby with the theme of "Don't let alcohol take the life out of you."

Floor Bulletin Boards - All 9 floors of Wheeler dedicated at least one of their bulletin boards to alcohol information and education.

Partying 101 - A presentation and discussion of safety practices and tips for students who choose to attend parties in other locations. Included such information as going in groups, setting up a designated driver, how to cut friends off when they are drinking too much, and tips for being a host (like offering alternative beverages and munchies).

Ugly RA Contest - A Towers wide contest to provide students with alternative entertainment on Thursday night. RA's in Wheeler that participated were dressed by their floors, the floors came up with names and talents for their RA's to do during the show. The floors then went along to the contest as cheering sections.

Staff and Student Participation in Red Ribbon Day - Wheeler Hall staff participated in wearing Red Ribbons for a drug free environment and explained this to students. They also distributed the red ribbons and encouraged students to get involved and wear the ribbons.

## SUMMARY OF SIGNIFICANT CAMPUS-WIDE EVENTS PERTAINING TO NCAAW

The following campus-wide events, summarized in Table 3, were an integral part of NCAAW. Seven educational, two social and four passive campus-wide programs were implemented. Information pertaining to these programs is summarized in Table 3. Specific programs and activities will be discussed on the following pages.

Coordinator Hired - Kevin Rabineau was selected to coordinate Wellness Services. His duties include the supervision of three graduate interns and assistance in campus alcohol and drug programming and coordinating many NCAAW activities.

## Table 3. Campus Wide Programs

| Program/Event | Target Group | Methods of Adv. | Location | Attendance/ No. Reached | Eval. Data | Date |
|---|---|---|---|---|---|---|
| Alcohol and the Law, Don´t Copout on Responsibility (Educational) | Entire University Community | Letters to faculty and Residence Hall Staff CMLife Adv. | Bovee University Center | 25 | yes | 10/19 |
| Alcoholism & the Homosexual Community (Educational) | " | "<br>" | Wesley Foundation | 14 | yes | 10/20 |
| Cocaine Update (Educational) | " | " | Bovee U-C | 52 | yes | 10/21 |
| Peer Pressure Friend or foe (Educational) | Entire University Community | "<br>" | Foust Hall | 26 | yes | 10/22 |
| Video Dance Party (Social) | CMU Students | " | Finch | 60 | informal | 10/23 |
| Center Stage Concert (Social) | CMU Students | " | Bovee U-C | 25 | informal | 10/24 |
| Designated Driver Program (Educational) | Individuals at "Tailgate" parties prior to football games | Word of mouth | Parking lot at football stadium | hundreds | informal | 10/17 |
| Michigan Subst. Abuse & Traffic Safety Info. Ctr. Display & free handouts | Entire University Community Patrons of Bovee U-C | Letters to faculty and Residence Hall Staff. CMLife Adver. | Bovee U-C Lobby | hundreds | informal | 10/20 |
| Distributed 100 "Yield the Keys" buttons to Greeks (Passive) | Fraternities and Sororities members | Word of mouth | Off campus Greeks | at least one hundred | informal | 10/22 |
| Videotapes played daily (Passive) | Entire University Community. Patrons of Bovee U-C | Letters to faculty & Residence Hall Staff CMLife Advertisements | Bovee U-C Lobby | hundreds | informal | 10/19 - 10/23 |
| Literature bumper stickers and blood alcohol content cards dist. (Passive) | " | Word of mouth | Bovee U-C Foyer, Lower level | hundreds to near 1000 | informal | 10/19 - 10/23 |
| Women and Alcohol (Educational) | Women in Sweeney Residence Hall | R.A.´s in Sweeney Notices on Bulletin Bd. | Sweeney Hall | 12 | yes | 11/9 |
| Women Athletes and Alcohol (Educational) | 4 Women´s Athletic Teams | Letters sent to athletics coaches | Finch Fieldhouse | 75 | yes | 11/10 |
| Green Bean Campaign (Passive) | Entire University Community | Published in CMLife, flyers in all campus buildings. | Throughout campus | thousands | informal | 10/14 - 10/23 |

Center Re-located - The Alcohol Education Resource Center materials were moved to the Wellness Resource Center in the Bovee University Center. An Alcohol and Drug Information Telephone Line was installed and listed in two places in the student directory.

Graduate Interns and Volunteers - Five interns and volunteers assisted 27 Wellness Resource Center staff in the delivery of alcohol use and abuse education programs. They ordered materials, screened, inventoried and catalogued the audio-visual library and made presentations.

Poster Series - Twenty different posters were displayed outside of the Wellness Resource Center from October 12-23. Stevie Wonder, Reader's Digest and CMU "Fish" posters were distributed from display tables and mailings to Greek organizations, faculty, physical plant personnel, students and community groups.

Green Bean Campaign - A two week, six part campus newspaper campaign was coupled with a corresponding flyer series. A statement was presented in each newspaper block, leading to a final message regarding problem drinking.

Bulletin Boards - Eta Sigma Gamma designed six informational displays in three different campus buildings during the entire month of October. Bulletin boards in other buildings will be utilized during the spring term. Eta's theme for the materials was "Alcohol Blitz '87."

Homecoming Parade Float - The Wellness Resource Center, Eta Sigma Gamma, and the University Health Service entered a float with the theme "Yield the Keys...When Driving." The theme was displayed on yield signs mounted on an automobile. Eta Sigma Gamma members distributed sugarless gum. The float's driver was "Sudz McHenry," a new, more responsible version of the canine party animal.

Posters - Hand made posters corresponding to the bulletin boards were placed in campus buildings where no boards existed.

Tailgate Parties - Members of the Wellness Resource Center, Eta Sigma Gamma and the University Health Service distributed "Designated Driver" stickers and "Yield the Keys" buttons and keychains to approximately 35 tailgate parties where alcohol appeared to be present prior to the Homecoming football game. The group and its materials were well received. The Designated Driver program is being evaluated and expanded to include more restaurants and bars. This program will continue all year, including summer terms.

Public Service Announcements - A public service announcement was distributed to WCFX and WCHP, two local radio stations, for airing during NCAAW. The PSA's were played repeatedly throughout the week.

Speaker Series - A different speaker was featured Monday through Thursday during NCAAW. Officer Phillip Frey of the Michigan State Police spoke on "Alcohol and the Law;" Graduate Student Robin McKinney addressed "Alcoholism and the Homosexual Community;" Mid-State Substance Abuse Commission Prevention Coordinator Penny Norton gave a "Cocaine Update;" and Byron Doty, Counselor and Prevention Educator, Mt. Pleasant Counseling Services, presented "Peer Pressure, Friend or Foe?" Faculty received letters encouraging students attendance at these programs.

Video Dance - A video dance party co-sponsored by the Wellness Center and Eta Sigma Gamma took place on Friday of NCCAW at Finch Field House. Three giant video screens, music videos and mocktails were featured. Raffle prizes donated by area merchants were given out. Approximately 60 people attended. (We are exploring ways of increasing attendance at this sort of event.)

Center Stage Concert - Program Board and the Wellness Center jointly sponsored a concert featuring two regionally acclaimed musicians. Music of the 60's and 70's was featured. Patrons were charged $2.00 and approximately 25 individuals attended. Non-alcoholic beverages were served. (We are exploring ways of increasing attendance at this sort of event.)

CM Life Articles and Advertisements - The student newspaper published articles and advertisements with an alcohol education focus and in support of NCAAW before and during the weeks activities. "Ad slicks" featured the SGA President, Dean of School of Education, Health and Human Services and the Football Coach. See the Appendix for copies of these materials.

Michigan Substance Abuse & Traffic Safety Information Center Display - A representative from the MSA & TSIC was on our campus one day during NCAAW. An informational display with free State provided educational materials was set up outside the Cafe Express at our University Center. This is a high traffic area for students, faculty and staff. Hundreds of people were reached through this display.

Videos - Video tapes were played daily from 10 am until 2 pm in the lobby area of the Bovee University Center. This is a very high traffic area for students, faculty and staff. The titles included: "Kevin's Story;" "Drinking and Driving, the Toll and the Tears;" "Children of Denial;" "American Vice: the Doping of America;" "48 Hours on Crack Street;" and "It Can't Happen to Me." Hours were usually extended because of increased demand, especially on Wednesday when "It Can't Happen to Me" was shown until 4 p.m.

Radio Interview - Ann Owens, Housing Complex Manager and Kevin Rabineau, Wellness Services Coordinator, were interviewed by Marilyn Rison of CMU Public Radio. The thirty minute interview which described NCAAW activities on campus, was broadcast on Sunday, October 25.

Buttons to Greeks - One hundred "Yield the Keys" buttons were given to the Panhellenic Council for distribution among campus sororities.

Speakers Bureau - Sherri Look and Laura Streng, graduate students and Wellness Resource Center staff, planned presentations to be delivered in November regarding women and alcohol. They presented "Women and Alcohol" to a residence hall floor and "Women Athletes and Alcohol" to 75 members of four women's athletic teams.

Holiday Blitz Campaign - The WRC and Eta Sigma Gamma received public service announcements written by Journalism 116 students. The psa's were part of an assignment during NCAAW and will be used for the "Holiday Health Blitz" in early December. The "Rudolph" PSA will be used as the theme for an advertisement in the CM Life newspaper and concurrent poster displays.

## ACTIVITY SUMMARY

The specific activity, location, attendance/number reached, and whether or not evaluation data was collected was presented for NCAAW events in Tables 1, 2 and 3 (pp.4, 5, 8). Most of our NCAAW activities are very decentralized and it is likely that some events occurred that are not reported in this document. (For example, we know that many faculty members discussed alcohol and other drug topics during the week's event. They also encouraged student attendance at educational programs by mentioning these events in class and/or awarding extra credit for attendance of these programs. However, we do not have concrete data that would indicate the specific number of faculty who did this. Another example is that the Student Book Exchange, which is publicly owned and borders our campus, developed an excellent display of educational materials related to alcohol and other drug abuse during NCAAW. They placed paid advertisements in our student newspaper and created a very nice window display of these materials. Somewhat by chance, we learned that these events occurred last year after our report was written and were planned again for this year. One individual, Mrs. Carol Watters, who works at the store, became very interested in the topic and on her own initiative obtained support of her employer for becoming involved in this way.)

Review of the tables show that many different kinds of events occurred on campus reaching quite a large number of students, faculty and staff. We have prioritized reaching younger students and the large number of residence hall programs is consistent with this emphasis. It should be noted that many of these events were co-sponsored by a number of organizations. Co-sponsors of some events included: Housing, PRIDE, Wellness Resource Center, Health Services, Eta Sigma Gamma, Alcohol and Drug Abuse Intervention and Prevention Program, Bovee University Center, fraternities/sororities, Mid-State Substance Abuse Commission, Michigan Substance Abuse and Traffic Safety Information Center, Division of Student Affairs, Central Michigan University and others. In addition, many local merchants contributed prizes or materials for the week's activities. See the Appendix for a list of the community organizations which made donations.

## IMPACT AND LONG RANGE RESULTS

Evaluation, mostly of a formal nature (a copy of the evaluation questionnaire used is found in the Appendix) and some informal, was undertaken following most programs. Presenters obtained helpful feedback and needs assessment data was collected. As was the case last year, most respondents to the evaluations were satisfied with the presentations. Again, as was similar to last year, the need for more information on cocaine and marijuana was identified as the major areas where respondents desired further information. We would like to note that last year's evaluation data was very helpful to us in planning our campus-wide program this year. The remainder of this section will summarize the various activities which are planned for the rest of this year regarding alcohol and other drug education on our campus. We believe that these events will follow logically from the programs which were undertaken during NCAAW and evaluation data.

Building on our existing alcohol education programs, the residence hall system is continuing their awareness programs. Further alcohol/drug education training is planned during the regularly scheduled winter staff training. Residence hall staff will provide drug education programs during winter semester. Educational information will be provided to hall residents emphasizing appropriate use of beverage alcohol by individuals of legal drinking age during the holiday season. The housing system is also working on further implementation of an early intervention process for individuals who appear to have alcohol problems and are, however, not in disciplinary trouble in their residence hall.

### Holiday Health Blitz

A Holiday Health Blitz is planned for the last week of the semester. This event will involve educational information appearing in the student newspaper and students, faculty and staff receiving educational information through the campus mail.

### Faculty/Staff Education

There is planned an expanded focus of our educational efforts to faculty and staff of the University. We are hoping to begin systematic education of supervisors on the early identification of work related problems which might be alcohol related during January. Right now a program to educate custodial staff on these issues is planned for early December.

### Student Assistance Training

A Complex Manager and Residence Hall Director attended a one week training program by Community Intervention Associates the week after NCAAW. The purpose of this training was to help expand our student assistance efforts, early identification and referral of problem drinkers. This training was held on our campus and approximately 50 school employees or board members from the mid-Michigan area attended. The training was supported by a grant received by the Mid-State Substance Abuse Commission. Four counselors will receive additional training in substance abuse and other problem screening and assessment in December.

### ACOA Workshop

On November 7, a day long workshop entitled "Understanding Adult Children of Alcoholics from 8 to 80" was held on our campus. This workshop was sponsored by our Continuing Education Office and was attended by approximately 55 individuals. Students, staff, members of the local community and the central Michigan area attended. Evaluations of the program were very positive.

### Drug Awareness Week

Currently, we are planning a week of education on drug related topics to coincide with the National Drug Awareness Week proposed in February.

### Beer Fast

We are also planning a number of events in the month of March. We have a campus-wide Beer Fast Committee which is sponsoring, with many different organizations, a weekend of activities which involve not drinking alcohol. We are also planning some education prior to our spring break, hoping to educate students of the dangers of drinking and driving and problems typically encountered by college students during spring break. The Beer Fast program is being sponsored by our Campus Recreational Services.

## Follow up Program

Approximately two weeks following Alcohol Awareness Week the alcohol program coordinator met with ten individuals and one RA from one residence hall floor. The RA was concerned about the alcohol consumption on this floor and areas of concern regarding alcohol use and misuse.

## Women and Alcohol

During early November two programs on special issues regarding women and alcohol were presented. Seventy-five women from four athletic teams heard this presentation and twelve women in a residence hall heard a variation of this presentation.

## Survey

A graduate student in health education surveyed 300 freshmen regarding a comparison of their drinking patterns since coming to CMU in comparison to their high school drinking. This data was collected in early November and the results have not been tabulated to date. Preliminary results indicate that 72% of the respondents were aware of NCAAW.

## Teaching Strategies

In November, an article entitled "Classroom Teaching Strategies for Alcohol and Drug Problems" was published in our teaching enrichment newsletter. The purpose of submitting and publishing this article was to provide ideas to our faculty on how they could incorporate alcohol and other drug educational information in their classrooms, should they so desire. Informational and project strategies were suggested. A copy of the article is in the appendix.

## Speakers List

Also in early November a list of speakers on alcohol/drug topics was sent to Housing staff and selected faculty. We thought that providing this information to individuals who were interested in contacting people for making educational presentations would make this much easier.

## Liability Seminar

On November 9 an alcohol liability seminar was presented to the Greek community. It was sponsored by Theta Chi and Sigma Sigma Sigma.

## Regional and Statewide Networking

On November 10, Mid-State Substance Abuse Commission, along with our campus-wide program, co-sponsored a meeting of 20 representatives from regional colleges and universities who worked on alcohol/drug education. This was a day long meeting where ideas were shared and networking occurred. We are considering the possibility of meeting at least twice a year so that we might work more effectively together, share resources and avoid duplication.

On November 12, the alcohol program coordinator made a presentation to the State of Michigan Substance Abuse Prevention Specialist's Organization to help them identify more effective ways that they can work with colleges and universities on alcohol and other drug education efforts. Approximately 20 prevention specialists attended this meeting. The meeting was sponsored by Mid-State Substance Abuse Commission.

## Fetal Alcohol Syndrome

A Fetal Alcohol Syndrome Awareness Day is planned for Winter Semester 1988.

## Designated Driver Program

Eta Sigma Gamma plans to continue and expand its designated driver program in the local community throughout the academic year.

## Panel Discussions

A panel discussion of recovering alcoholics/drug addicts is planned during Winter Semester. We hope to have at least two of these panel discussions at different residence halls. Last year, one panel we held went very well. It was attended by 50 students. Some students indicated informally that it was one of the most significant events of their college career.

## Newsletter

A health oriented newsletter was distributed the end of winter semester. It provided up-to-date health information including alcohol and other drugs information with a "Holiday Health Blitz" theme. A newsletter focusing on faculty/staff related information is planned for winter semester.

## Alcohol Policy

We are also working on completing a proposed alcohol policy. This will be a comprehensive university-wide policy which applies to students, faculty and staff. A significant emphasis will be an assistance orientation where alcoholism is considered to be a disease and individuals who are encountering problems in their life related to their alcohol use and misuse will be held accountable for their behavior and will be provided opportunities and support for obtaining assistance for themselves.

## Presentation to Board of Trustees

The Coordinator of CMU's Alcohol and Drug Abuse Intervention and Prevention Program made presentations to our Board of Trustees Student Affairs Subcommittee and to the entire Board. The presentations were made in mid-December at the request of the Vice President of Student Affairs in order to inform the Board as to campus-wide efforts to reduce alcohol abuse and other drug use. The Board was supportive of these efforts.

## CONCLUSION

NCAAW has become an integral component of our campus-wide efforts to reduce alcohol abuse and other drug use. Typically the week's activities provide an excellent beginning for ongoing campus-wide education throughout the academic year. Program evaluations are helpful in setting a direction for the remainder of the academic year.

The Appendix of this report contains supporting documentation for our NCAAW activities and some of the programs which followed.

# APPENDIX

- Letter from Nancy Reagan published in CM Life
- President Ellis letter to the University community proclaiming October 19-25 NCAAW
- Mayor of City of Mt. Pleasant proclamation in support of NCAAW
- CM Life articles
- Letter and Red Ribbon sent to all faculty and staff for "Red Ribbon Day." (Red ribbons were available throughout campus and given to students in their residence halls)
- Green Bean Campaign flyers - (throughout campus and published in CM Life)
- Wayside Central advertisement indicating patrons can choose nonalcoholic polynesian drinks
- Correspondence and materials from Will Rogers Institute
- Faculty Newsletter announcement of NCAAW and President Ellis proclaims "Alcohol Awareness Week"
- Readers Digest and "Fish" posters displayed outside the Wellness Resource Center
- "You are the key.." advertisement published in CM Life
- Selected CM Life articles pertaining to NCAAW
- NCAAW advertisement published in CM Life before and during NCAAW
- Group session evaluation sheet
- Letter sent to faculty and staff informing them of NCAAW
- Local newspaper article about NCAAW
- "Housing Happenings" Educational Information
- Memo sent to members of University Community informing them of local speakers on alcohol/drug topics
- Understanding children of alcoholics brochure sent throughout the state
- Announcement in faculty and staff newsletter for Alcohol Liability Seminar
- Healthy Life Column
- "A Confrontation Can Help Problem Drinkers", Counselors Corner article published the week before NCAAW
- Correspondence to women's athletic coaches concerning a program for women athletes
- Thank you letters
- Public service announcements
- Letter from a women's sports team coach
- Community Donations
- "Classroom Teaching Strategies for Alcohol and Drug Problems"
- Holiday flyers
- CM Life Holiday Health Awareness Week Articles
- CM Life report of Board of Trustees briefing
- CM Life holiday advertisement

THE WHITE HOUSE

October 5, 1987

Dear Friends:

I am delighted to send warm greetings to everyone participating in the National Collegiate Alcohol Awareness Week at Central Michigan University. How happy I am to know of your efforts on behalf of the fight against drug and alcohol abuse taking place throughout America today.

The time has come for all of us to band together and take a moral stand against this tragedy. Drug abuse has invaded all segments of our society, crossing all lines of race, ethnic background, religion and economics. I know we can win this battle, however, because of the support and dedication of people like you. Together we will conquer the threat and heal the wounds of drug abuse.

With my heartfelt thanks for all you are doing in this vital campaign,

Sincerely,

Nancy Reagan

Students of Central Michigan University

Mount Pleasant, Michigan

CENTRAL MICHIGAN UNIVERSITY
*OFFICE OF THE PRESIDENT*

October 19, 1987

To the University Community:

In the spirit of assisting university students in making informed decisions concerning the responsible use of alcohol, I am declaring October 19-25 National Collegiate Alcohol Awareness Week at Central Michigan University. We take this opportunity, along with other colleges and universities across the country, to involve students, faculty, administrators and the university community in alcohol awareness efforts.

Last year our Alcohol Awareness Week programming was recognized by the National Association of Student Personnel Administrators as one of five programs to receive the National Award for Excellence in Campus Alcohol Education Programming. We are pleased to have received this recognition because we feel it indicates effective programming with regard to this crucial problem.

This year promises to provide quality programs and activities to again promote alcohol awareness on our campus. It was refreshing for me to learn that nearly 300 freshmen students, during this summer's orientation sessions, indicated they were interested in receiving information about our student organization, PRIDE. We hope this trend toward more responsible use of alcohol will continue.

Please join your colleagues and me in supporting National Collegiate Alcohol Awareness Week at CMU.

Sincerely yours,

Arthur E. Ellis

Arthur E. Ellis
President

MOUNT PLEASANT, MICHIGAN 48859

# PROCLAMATION

WHEREAS, Central Michigan University first implemented an Alcohol Abuse Intervention and Prevention Program during the Fall of 1984, and

WHEREAS, In 1986, CMU was one of five schools in the nation to be recognized for excellence in educational programming on alcohol awareness during the National Alcohol Awareness Week, and

WHEREAS, This year's Alcohol Awareness Week will again include various workshops, displays and activities across the campus, all aimed at prevention through education,

NOW, THEREFORE, I, Conrad A. English, Mayor of the City of Mt. Pleasant, Michigan, do hereby proclaim October 19-25, 1987 as

ALCOHOL AWARENESS WEEK

in the City of Mt. Pleasant and Wednesday, October 21, as RED RIBBON DAY sponsored by the PRIDE student organization, and FURTHER, do hereby urge local support of the various activities that will take place to encourage informed decisions concerning the responsible use of alcohol.

In Witness Whereof, I hereunto set my hand and the Great Seal of the City of Mt. Pleasant, Michigan, this 20th day of October, 1987.

Conrad A. English
Mayor

# Saying no 09-87

## Group offers social outlet for students who want to stay alcohol-free

**by YVONNE C. CLAES**
LIFE Staff Writer

On Saturday night "Sue" and her roommates will get ready for an evening of socializing.

For her roommates, socializing means going to the local bar. Sue, however, will attend a party given by Alternatives, an organization that gives students alternatives to alcohol and drug use.

"Students get to meet others who wish to socialize where alcohol and drugs aren't present," said Ross Rapaport, coordinator of CMU's alcohol and drug prevention program. "This group provides students with an alcohol-free social outlet."

> "Using alcohol and drugs is a growing problem on campus. The thrust of this group, therefore, is for people to disassociate from these substances."
>
> **Robin McKinney**
> Saginaw graduate student and program sponsor

CMU counselor Rapaport said Alternatives should not be confused with substance-abuse organizations. However, those with substance-abuse problems are welcome.

"Our meetings are open to everyone," said Robin McKinney, Saginaw graduate student and program sponsor. "Our group tries especially to draw freshmen who aren't interested in drinking and drugging."

"While everyone else is dressing up to go to the bar, we offer alternative activities," he said.

Some upcoming activities include organized bowling, movies and parties. McKinney said suggestions for other events will be taken at weekly meetings.

The group's first organizational meeting this year was Thursday in the Bovee University Center Maroon Room. At the meeting, McKinney and two members of the Alcohol Action Committee discussed ways to increase membership and funding.

"Alternatives started in November of last year. We had a modest turnout each meeting," McKinney said.

Flyers announcing meetings were sent to residence hall staffs while other flyers were posted throughout campus.

"Using alcohol and drugs is a growing problem on campus. The thrust of this group, therefore, is for people to disassociate from these substances," McKinney said

---

10-16-87

# Awareness week to include Red Ribbon Day

## People to make public statement on drug abuse

**by MARK LaROSA**
LIFE Assistant News Editor

People can make a public statement against drug use by wearing red ribbons Wednesday as part of Alcohol Awareness Week.

Parents Resource Institute for Drug Education (PRIDE) is having its third Red Ribbon Day Wednesday to stress the negative effects of drugs and alcohol and the social problems they cause, PRIDE President Tracey Kelly said.

"(We are doing this) just to make everyone aware of the problems in society with drugs and alcohol and how they can help," Kelly, Southfield senior, said.

PRIDE member Amy Popma said the group will try to hand out as many of the 25,000 ribbons they prepared as possible. She said the ribbons were donated by the A & M Label Co. of Plymouth.

Kelly said the ribbons already have been mailed to faculty, and they will be handed out to Resident Assistants this week. PRIDE members also will put the ribbons in on-campus students' mailboxes and hand them out in front of the Park Library and the Bovee University Center Wednesday.

Popma, Grand Rapids senior, said they will be asking everyone to wear one of the ribbons as a statement against drug use. Mount Pleasant Mayor Conrad English and the city commissioners have already agreed to wear the ribbons Wednesday, she said.

She said she is not sure how many ribbons were handed out last year, but said she hopes to get rid of all of them this year.

"Last year we had a pretty good turnout and we hope for a bigger one this year," Popma said.

Kelly added: "We just wanted to reach everyone on campus this year — students, professors, faculty, greeks — everyone."

Popma said in addition to distributing ribbons, they will hang posters around campus denouncing drug use.

PRIDE is a non-profit student organization that stresses responsible drinking.

The group, which formed in 198[illegible], also goes to area high schools to encourage students to "just say no."

Mt. Pleasant 10/21/87
Morning Sun

# Awareness week aimed at alcohol abuse at Central

While often dogged with the image as a "party" school, Central Michigan University is fighting back.

CMU President Arthur Ellis has proclaimed this week as Alcohol Awareness Week on campus.

"Last year CMU was one of five schools in the nation to be recognized by the National Association of Student Personnel Administrators for our excellence in educational programming during national alcohol awareness week," Ellis said.

This year's week will again include workshops, displays and activities across the CMU campus, all aimed at preventing alcohol abuse through education and individual responsibility.

The student-run activities, supported by faculty and administration, coincide with National Collegiate Alcohol Awareness Week. Now in its fourth year, the week is sponsored by the Inter-Association Task Force on Alcohol and Other Substance Abuse Issues.

**ARTHUR ELLIS**

which represents student affairs professionals nationally.

"Alcohol Awareness Week at CMU initiates a year-round emphasis on alcohol education and recognizes the individual's ultimate responsibility for decisions regarding his or her use or nonuse of alcohol," Ellis said. "In addition, we want to encourage a partnership to prevent campus problems associated with alcohol misuse."

For more information about Alcohol Awareness Week, contact Ann Owens at 774-6601 or Ross Rapaport at 774-3381.

PRIDE of CMU

Box 80 · Warriner Hall · Central Michigan University · Mt. Pleasant, MI 48859 · 774-3779

TO: Faculty and Staff

FROM: PRIDE of CMU and Ross Rapaport, Coordinator, Alcohol and Drug Abuse Intervention and Prevention Program

DATE: October 9, 1987

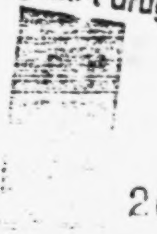
SUBJECT: **RED RIBBON DAY**

PRIDE is a student organization on campus working to boost awareness concerning substance abuse. On Wednesday, October 21, PRIDE will be sponsoring a campus-wide **RED RIBBON DAY.** We are asking faculty, staff and students to wear a red ribbon on that day as a statement against drug use and alcohol abuse. Please show your support by wearing this red ribbon on Wednesday, October 21.

Thank you for your help!

enc: red ribbon

PRIDE and Red Ribbon Day . . .
A statement against drug abuse.



# PRIDE RED RIBBON DAY, WEDNESDAY, OCTOBER 21, 1987

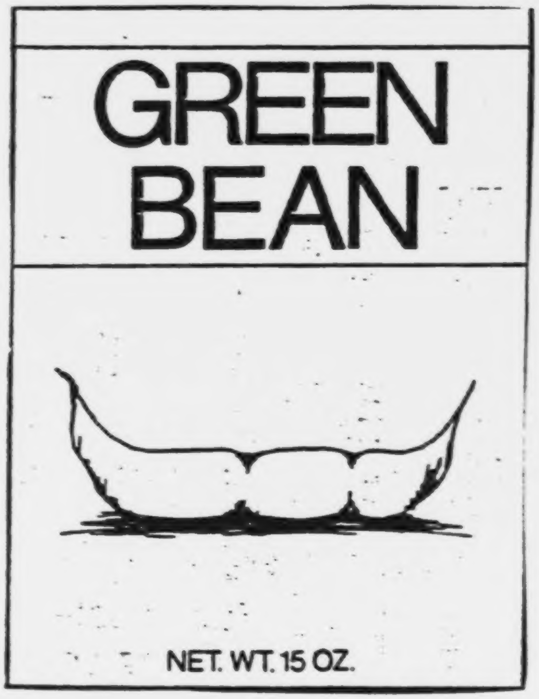
PRIDE OF C.M.U. WAS FORMED IN 1984 TO HELP COMBAT DRUG AND ALCOHOL ABUSE ON CENTRAL'S CAMPUS. THIS GROUP CONSISTS OF COLLEGE STUDENTS WHO SHARE THEIR DRUG-FREE MESSAGE WITH PARENTS, PEERS AND HIGH SCHOOL STUDENTS ALL ACROSS THE STATE OF MICHIGAN. THE PRIDE TEAM IS ENTHUSIASTIC AND DETERMINED. A REPORTER WHO ONCE VIEWED PRIDE IN ACTION SAID, "GIVE PRIDE FIFTEEN MINUTES AND THEY'LL TEACH YOU TO DANCE. GIVE THEM AN HOUR AND THEY'LL TEACH YOU TO LEAD A MORE PRODUCTIVE LIFE." PRIDE IS PROUD TO BE A PART OF C.M.U.!

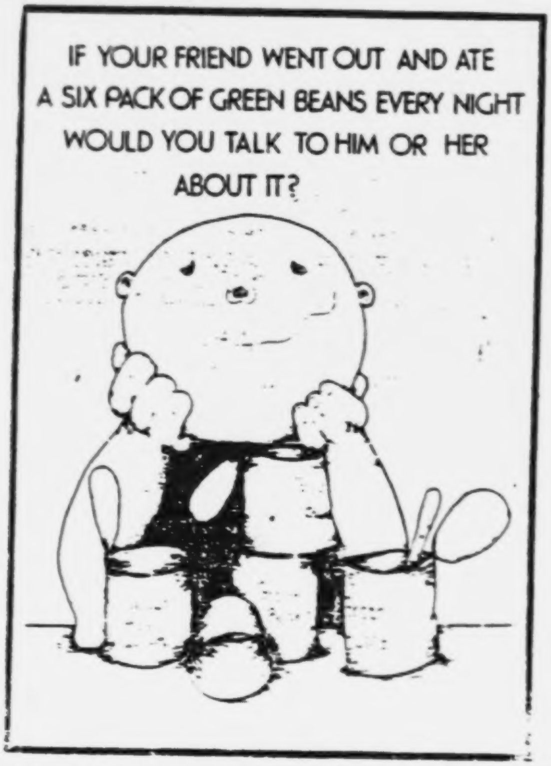
THIS WEEK IS NATIONAL ALCOHOL AWARENESS WEEK. TO SHOW OUR SUPPORT OF THIS NATIONAL EFFORT TO PROMOTE AWARENESS, PRIDE IS SPONSORING A RED RIBBON DAY. ALL OVER CAMPUS TODAY YOU'LL SEE RED RIBBONS BEING WORN. THESE ARE A SYMBOL OF THE FACT THAT WE'RE ALL BEING HELD HOSTAGE BY DRUG AND ALCOHOL ABUSE.

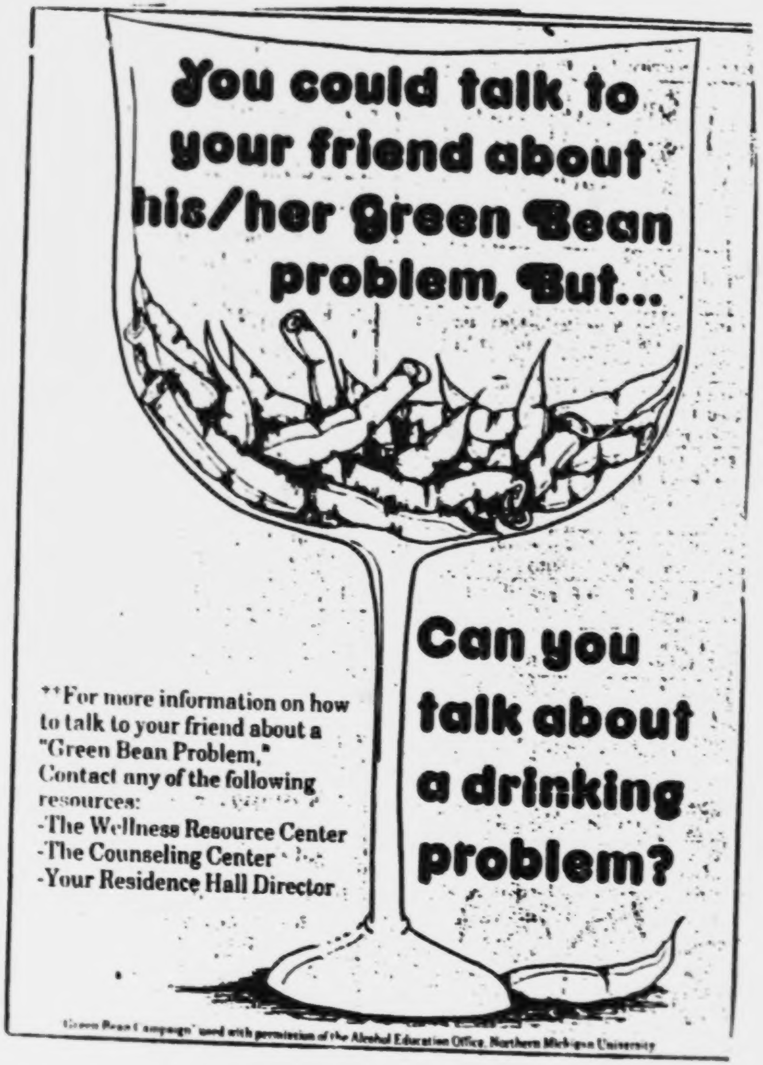
NONE OF US ARE EXEMPT FROM THIS PROBLEM. DRUGS AND ALCOHOL ARE AFFECTING OUR FAMILY STRUCTURE AND SCHOOLS, WEAKENING OUR PRODUCTIVITY AS A NATION AND TAKING OUR YOUTH. THIS EPIDEMIC HAS BEEN GROWING IN INTENSITY AT AN ALRMING RATE OVER THE PAST TEN YEARS. PEOPLE ARE FINALLY SAYING "ENOUGH". OUR NATION IS UNDERGOING A SURGE OF CONCIOUSNESS TOWARD THE SEVERITY OF THIS PROBLEM. C.M.U. IS A WONDERFUL INSTITUTION TO RECEIVE AN EDUCATION FROM, DEVELOP AS A PERSON AND MAKE SOME LIFE-LONG FRIENDS. WE'RE WORKING TO GIVE EVERYONE ALL THE OPPORTUNITIES CENTRAL HAS TO OFFER, AND THOSE OPPORTUNITIES ARE BEST UTILIZED DRUG-FREE.

SO WHAT CAN ONE PERSON DO? WHAT CAN YOU DO? YOU CAN WEAR A RED RIBBON TODAY TO SHOW THAT YOU CARE AND ARE AWARE. FOR MORE INFORMATION ON THE PRIDE PROGRAM, VISIT OUR OFFICE IN THE SOC. WE'LL KEEP FIGHTING FOR YOU...AND FOR YOUTH TO COME. THANK YOU!

GREEN BEAN
NET WT 15 OZ
GREEN BEAN
NET WT 15 OZ


GREEN BEAN
NET. WT. 15 OZ.


IF YOUR FRIEND WENT OUT AND ATE A SIX PACK OF GREEN BEANS EVERY NIGHT WOULD YOU TALK TO HIM OR HER ABOUT IT?



**For more information on how to talk to your friend about a "Green Bean Problem," Contact any of the following resources:
- The Wellness Resource Center
- The Counseling Center
- Your Residence Hall Director

"Green Bean Campaign" used with permission of the Alcohol Education Office, Northern Michigan University

IF YOUR FRIEND WENT OUT AND ATE A SIX PACK OF GREEN BEANS EVERY NIGHT WOULD YOU TALK TO HIM OR HER ABOUT IT?

[illegible] 10/14/87

# *WAYSIDE CENTRAL*

## October Specials

**Monday**
**Tuesday**

**No Cover**
**$1.75 Pitchers 7-10**
***Polynesian Drinks**
**Half Price All Night**

***WEDNESDAY*** ***25¢ NITE***

**25¢ Cover**
**25¢ Drafts 7-10**
**25¢ Pop 7-10**
***Polynesian Drinks**
**Half Price All Night**

*Polynesian Drinks can be made Non-Alcoholic

OCT 21 1987

The Will Rogers Institute

785 Mamaroneck Avenue. White Plains. New York 10605 (914) 761-5550

September 18, 1987

Dear Director of Student Counselling:

Even though the legal drinking age in most states is 21, drinking, especially beer drinking, remains a mainstay of college life. During the fourth annual National Collegiate Alcohol Awareness Week, October 19-25, colleges across the nation will focus on the facts and fallacies of alcohol consumption. To supplement your campus activities that week, the Will Rogers Institute has prepared a package of educational materials on alcohol equivalence.

Alcohol equivalence is a scientific fact: Typical servings of beer (12 ounces), wine (5 ounces) and distilled spirits (1 1/4 ounces) all contain the same amount of alcohol — about 1/2 ounce. Knowing this helps dispel the dangerous image of beer and wine, known campus favorites, as "safe," "light" or "recreational." Knowing and understanding the fact of equivalence also gives students a measure for keeping track of their alcohol consumption.

Here is an opportunity for you to provide interesting and life-saving information to your students. Awareness of alcohol equivalence encourages responsible drinking habits, which is particularly important for young adults. Statistics show that 20 percent of all drunk driving fatalities involve teenagers. Currently, numerous state and federal agencies and civic groups, including the U.S. Department of Health and Human Services, are teaching the American public about alcohol equivalence.

The enclosed materials are samples of what you can distribute to your students:

- The National Alcohol Awareness Test
- "Stay Alive, Don't Drink and Drive" bumper stickers
- "Don't Let Your Glasses Blur Your Vision" poster

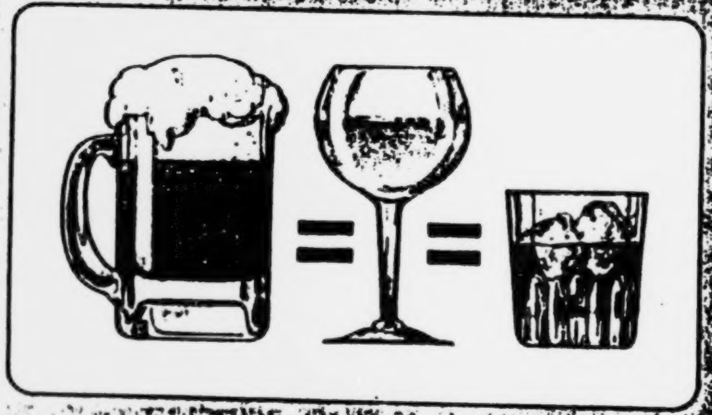
To receive copies of these materials please complete the enclosed order form and return it to the address listed as soon as possible. Remember, the effort to educate students should extend beyond Awareness Week. It is a year-long rather than week-long effort.

Sincerely,

Martin H. Newman
Executive Director
The Will Rogers Institute

# The National Alcohol Awareness Test

The use of alcohol has been a fact of the American way of life since our nation's beginnings. Try this test to find out how much you know about it —and how much you don't.



# THE MEDICAL CONSEQUENCES OF ALCOHOLISM

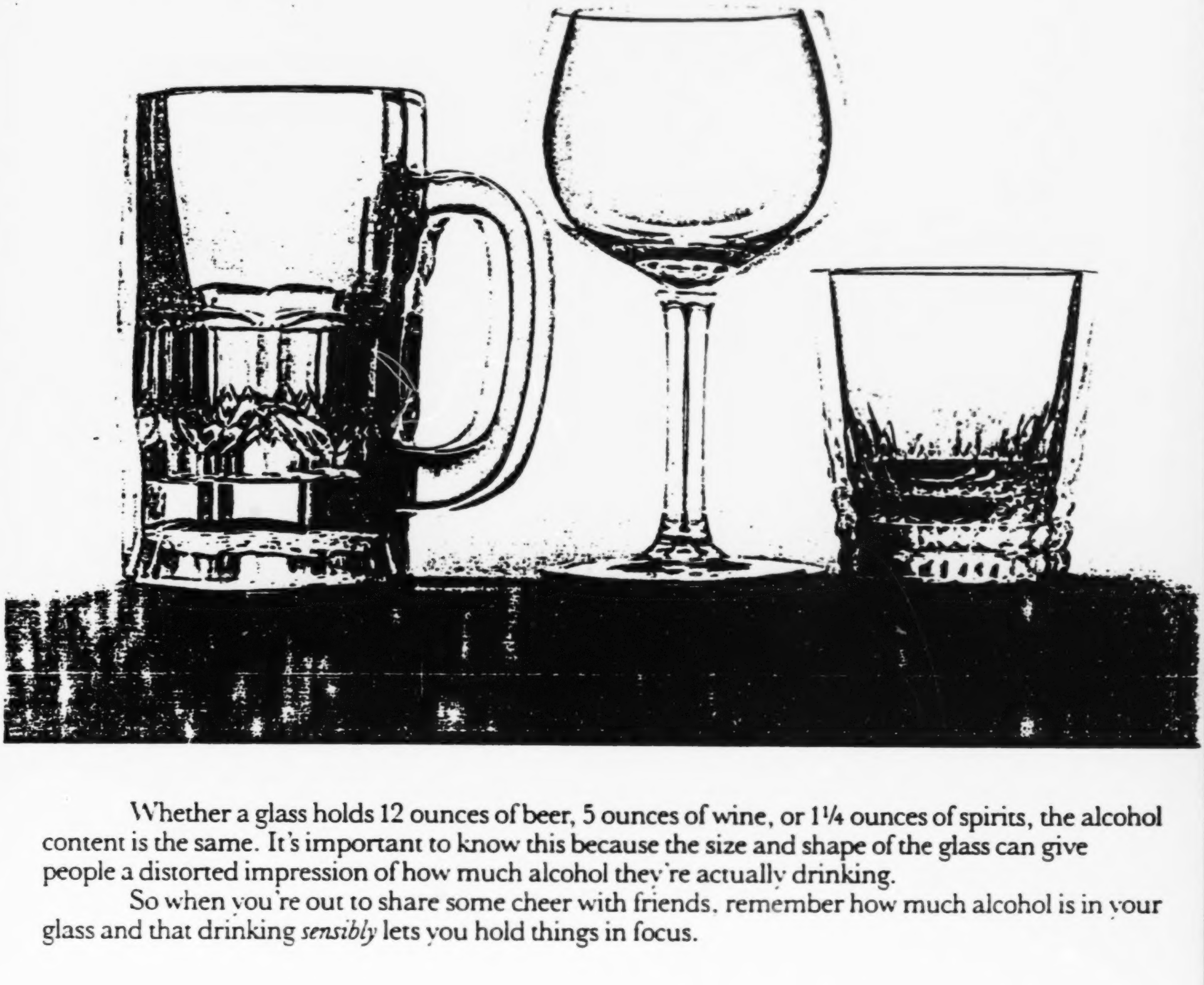
By W. R. Spo[illegible]

# STAY ALIVE–

## Don't Drink & Drive

A public service message from Will Rogers Institute

# Don't let your glasses blur your vision.



Whether a glass holds 12 ounces of beer, 5 ounces of wine, or 1¼ ounces of spirits, the alcohol content is the same. It's important to know this because the size and shape of the glass can give people a distorted impression of how much alcohol they're actually drinking.

So when you're out to share some cheer with friends, remember how much alcohol is in your glass and that drinking *sensibly* lets you hold things in focus.

Always keep safe driving within your sight.

*A public service message from* Will Rogers Institute

# Newsletter

Published by Media Relations   Rowe 114   Central Michigan University

October 19, 1987

**Tuesday/**"Alcoholism and the Homosexual Community," a presentation by graduate student Robin McKinney, takes place from 8 to 9:30 p.m. at the Wesley Foundation.

**Wednesday/**PRIDE sponsors "Red Ribbon Day." Faculty, staff, and students are asked to wear red ribbons as a statement against alcohol and drug abuse.

**Wednesday/**The Macintosh Users Group meets from 9 to 10 a.m. in Warriner 400. People needing release time letters should contact Julie Whipple at 7189. For more information, call Marlene Sheppard at 3527.

**Wednesday/**Six levels of public swim instruction are offered at CMU's swim school today through Nov. 24.

**Wednesday/**"Electricity, Energy, and Nuclear Power" for teachers of grades 5-9 is offered from 5 to 8 p.m. at the Science and

**Thursday/**"Peer Pressure Friend or Foe?," a presentation by Byron Doty, prevention educator, Mt. Pleasant Counseling Services, is scheduled from 7 to 8:30 p.m.

**Thursday/**The Astronomy Speaker Series presents Dennis Dawson, Physics, speaking on "Active Galaxies and Galaxian Encounters" at 7 p.m. in Brooks 203. The observatory will be open after the talk. Admission is free.

**Thursday/**The Bovee UC movie is *Chorus Line* at 7:30 p.m. in the Commuter Lounge.

**Thursday/**A recital by bass baritone Jeffrey Foote, Music, and student pianist Jennifer Elowsky begins at 8 p.m. in Warriner Auditorium. Admission is free.

**Friday/**Kendall Walton of the University of Michigan asks "What Is Abstract About the Art of Music?" in a Philosophy Speaker Series presentation at 3 p.m. in Anspach 153.

**Friday/**The field hockey team plays Ohio at 4 p.m. at Rose Fields.

**Friday/**The Friday Night at the Movies series is featuring *Sadie Thompson* at 8 p.m. in the Bovee UC. Admission is $1.50.

**Friday/**A free video dance party with refreshments takes place from 9 p.m. to 1 a.m. in Finch Fieldhouse. All students are welcome.

## President Ellis Proclaims 'Alcohol Awareness Week'

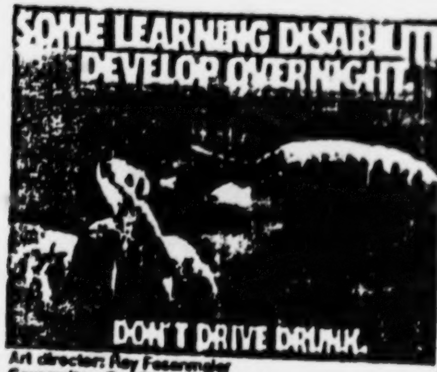
President Arthur Ellis has proclaimed this week as Alcohol Awareness Week on campus.

"Last year CMU was one of five schools in the nation to be recognized by the National Association of Student Personnel Administrators for our excellence in educational programming during national alcohol awareness week," said Ellis.

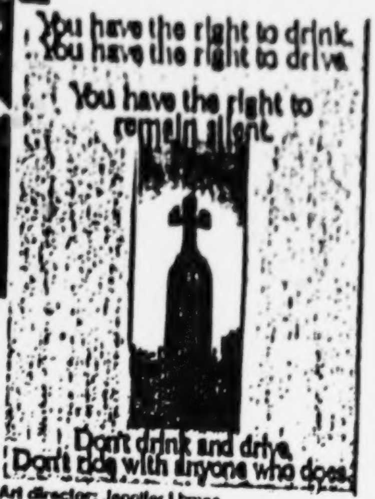
This year's Alcohol Awareness Week will again include workshops, displays, and activities across the CMU campus, all aimed at prevention through education and individual responsibility. The student run activities, supported by faculty and administration, coincide with national Collegiate Alcohol Awareness Week, now in its fourth year.

According to Ellis, "Alcohol Awareness Week at CMU initiates a year-round emphasis on alcohol education and recognizes the individual's ultimate responsibility for decisions regarding his or her use or nonuse of alcohol."

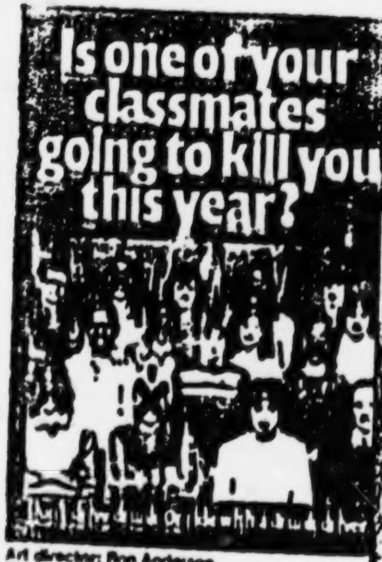
For more information about Alcohol Awareness Week call Ann Owens, Housing, or Ross Rapaport, Counseling Center, 3381.


SOME LEARNING DISABILITIES DEVELOP OVERNIGHT.
DON'T DRIVE DRUNK.

Art director: Ray Fesenmaier
Copywriter: Ray Fesenmaier/Mark Wame
Agency: Wame Studios, Minneapolis


You have the right to drink.
You have the right to drive.
You have the right to remain silent.
Don't drink and drive.
Don't ride with anyone who does.

Art director: Jennifer Lomas
Copywriter: Nelson Smith
Agency: Anderson Advertising, Toronto


Is one of your classmates going to kill you this year?

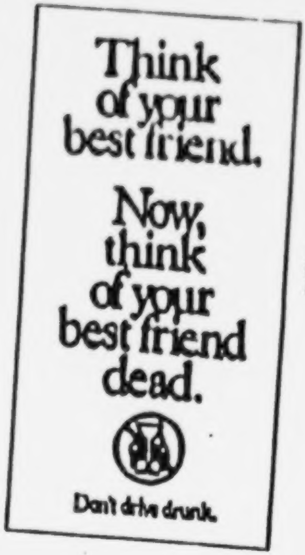
Art director: Ron Anderson
Copywriter: Dirk Thomas
Agency: Bozell & Jacobs, Minneapolis

Art director: Tom Roth
Copywriter: Steve Trygg
Agency: Anderson & Lembke, Stamford, Conn.

ONE FOR THE ROAD.

103

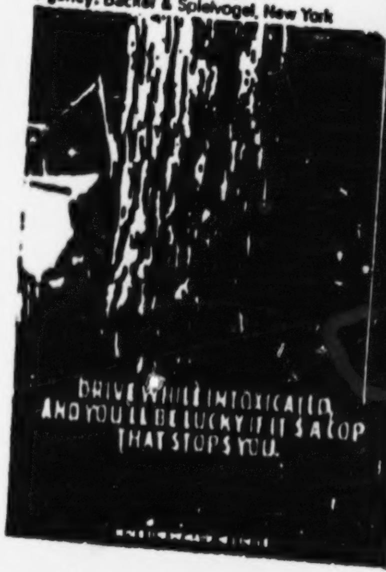
Posters Displayed
outside of the
wellness [illegible]


Think of your best friend.
Now, think of your best friend dead.
Don't drive drunk.

Art director: Tom Rosenfield/Ruth Spitzer
Copywriter: Tom Rosenfield/Ruth Spitzer
Agency: Doyle Dane Bernbach/Ogilvy & Mather, New York

Art director: Carol Mack
Copywriter: Gerry Schmitt
Agency: Clarity Coverdale, Minneapolis

Art director: Shelton Scott
Copywriter: Renee Mandis
Agency: Backer & Spielvogel, New York


DRIVE WHILE INTOXICATED AND YOU'LL BE LUCKY IF IT'S A COP THAT STOPS YOU.

*For information on ordering sets of the posters, see page 227.*

# You Don't Have to Drink like a Fish to Fit in with Others.

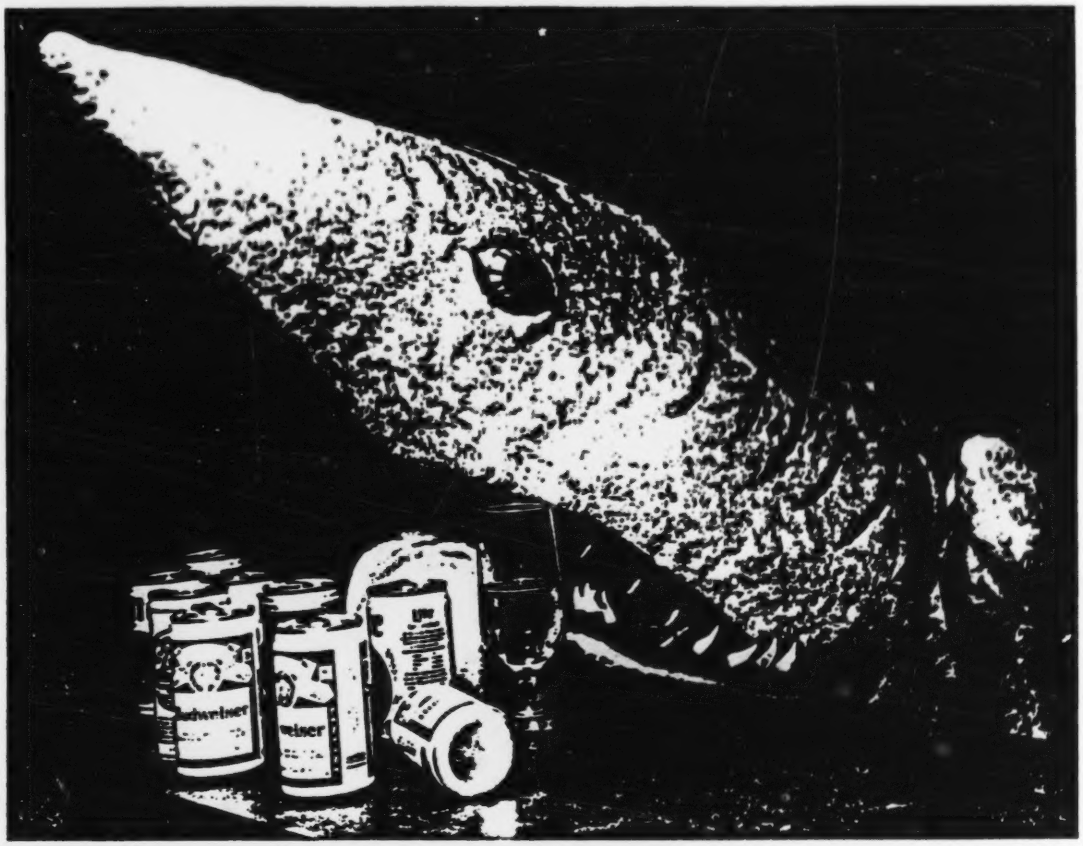
**For assistance, contact the following co-sponsors:**

| **On CMU's Campus:** | | | |
|---|---|---|---|
| Division of Student Affairs | 774-3208 | BACCHUS | 772-4619 |
| Counseling Center | 774-3381 | CM Life | 774-3493 |
| Office of Student Life | 774-3016 | **Off Campus:** | |
| Housing | 774-3285 | Mt. Pleasant Counseling Services | 773-9655 |
| Alcohol Abuse Intervention and Prevention Program | 774-3381 | Central Michigan Substance Abuse Services | 773-5553 |
| Health Services | 774-3055 | Listening Ear | 772-2918 |
| Wellness Resource Center | 774-3202 | Ojibwe Substance Abuse Program | 773-9123 |

**A cooperative effort between:**

**CENTRAL MICHIGAN UNIVERSITY**

**MID-STATE SUBSTANCE ABUSE COMMISSION (517) 386-4020**



# You Don't Have to Drink like a Fish to Have a Good Time.

**For assistance, contact the following co-sponsors:**

|  |  |  |  |
|---|---|---|---|
| **On CMU's Campus:** |  |  |  |
| Division of Student Affairs | 774-3208 | BACCHUS | 772-4619 |
| Counseling Center | 774-3381 | CM Life | 774-3493 |
| Office of Student Life | 774-3016 | **Off Campus:** |  |
| Housing | 774-3285 | Mt. Pleasant Counseling Services | 773-9655 |
| Alcohol Abuse Intervention and Prevention Program | 774-3381 | Central Michigan Substance Abuse Services | 773-5553 |
| Health Services | 774-3055 | Listening Ear | 772-2918 |
| Wellness Resource Center | 774-3202 | Ojibwe Substance Abuse Program | 773-9123 |

**A cooperative effort between:**

**CENTRAL MICHIGAN UNIVERSITY**

**MID-STATE SUBSTANCE ABUSE COMMISSION (517) 386-4020**

# You Don't Have to Drink like a Fish to Deliver Your Line.

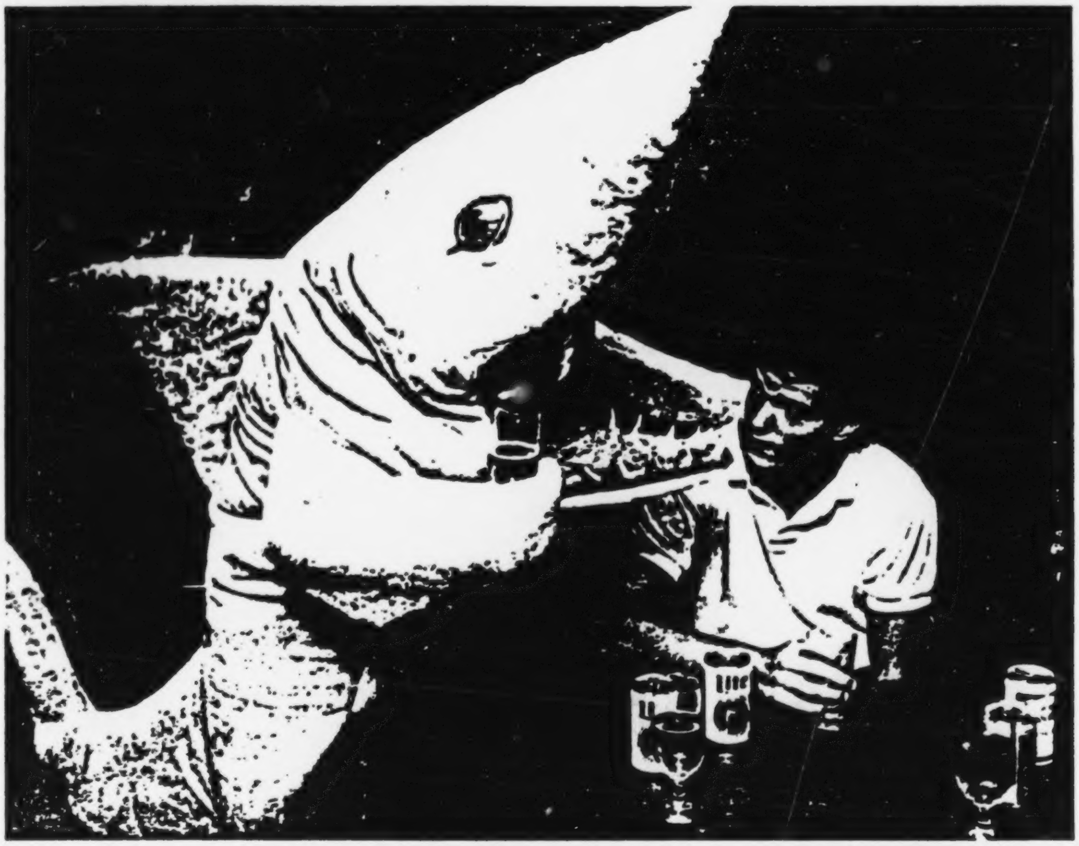
**For assistance, contact the following co-sponsors:**

| **On CMU's Campus:** | | | |
|---|---|---|---|
| Division of Student Affairs | 774-3208 | BACCHUS | 772-4619 |
| Counseling Center | 774-3381 | CM Life | 774-3493 |
| Office of Student Life | 774-3016 | **Off Campus:** | |
| Housing | 774-3285 | Mt. Pleasant Counseling Services | 773-9655 |
| Alcohol Abuse Intervention and Prevention Program | 774-3381 | Central Michigan Substance Abuse Services | 773-5553 |
| Health Services | 774-3055 | Listening Ear | 772-2918 |
| Wellness Resource Center | 774-3202 | Ojibwe Substance Abuse Program | 773-9123 |

**A cooperative effort between:**

**CENTRAL MICHIGAN UNIVERSITY**

**MID-STATE SUBSTANCE ABUSE COMMISSION (517) 386-4020**



# You Don't Have to Drink like a Fish to Impress Someone.

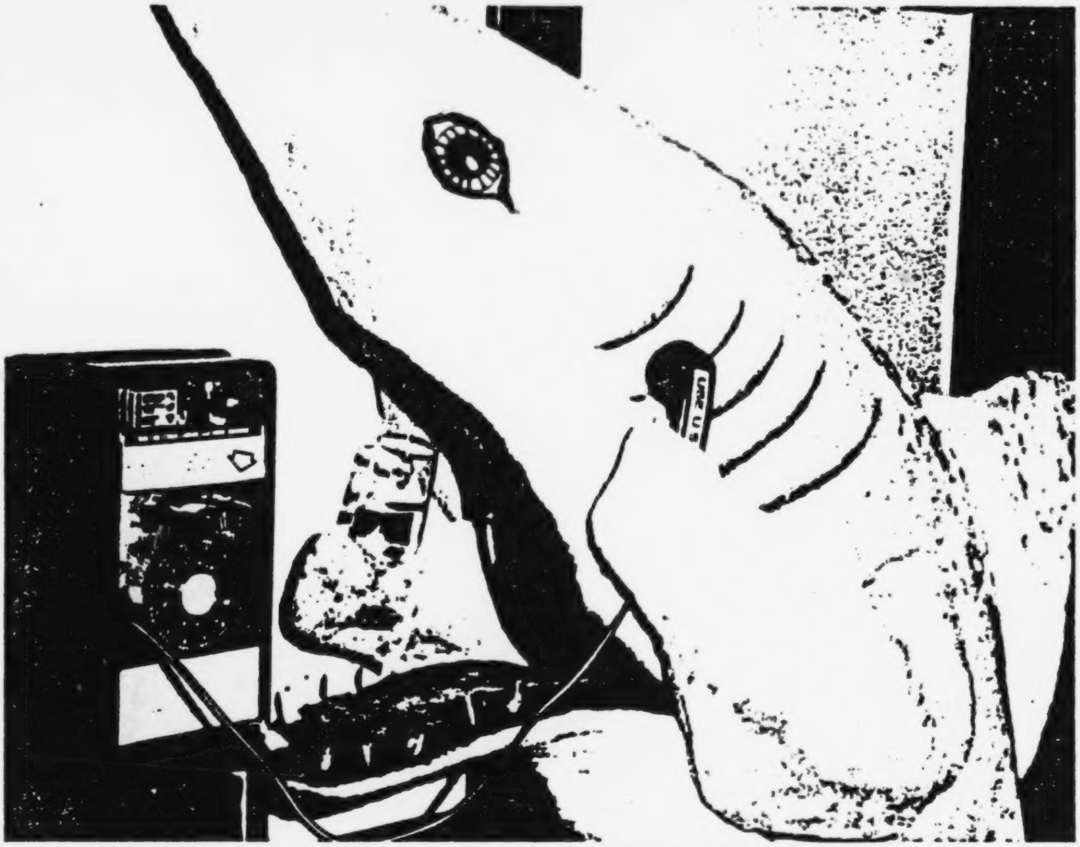
**For assistance, contact the following co-sponsors:**

| | | | |
|---|---|---|---|
| **On CMU's Campus:** | | | |
| Division of Student Affairs | 774-3208 | BACCHUS | 772-4619 |
| Counseling Center | 774-3381 | CM Life | 774-3493 |
| Office of Student Life | 774-3016 | **Off Campus:** | |
| Housing | 774-3285 | Mt. Pleasant Counseling Services | 773-9655 |
| Alcohol Abuse Intervention and Prevention Program | 774-3381 | Central Michigan Substance Abuse Services | 773-5553 |
| Health Services | 774-3055 | Listening Ear | 772-2918 |
| Wellness Resource Center | 774-3202 | Ojibwe Substance Abuse Program | 773-9123 |

**A cooperative effort between:**

**CENTRAL MICHIGAN UNIVERSITY**

**MID-STATE SUBSTANCE ABUSE COMMISSION (517) 386-4020**



# If You Drink Too Much, Don't Swim Home. Phone for a Ride.

**For assistance, contact the following co-sponsors:**

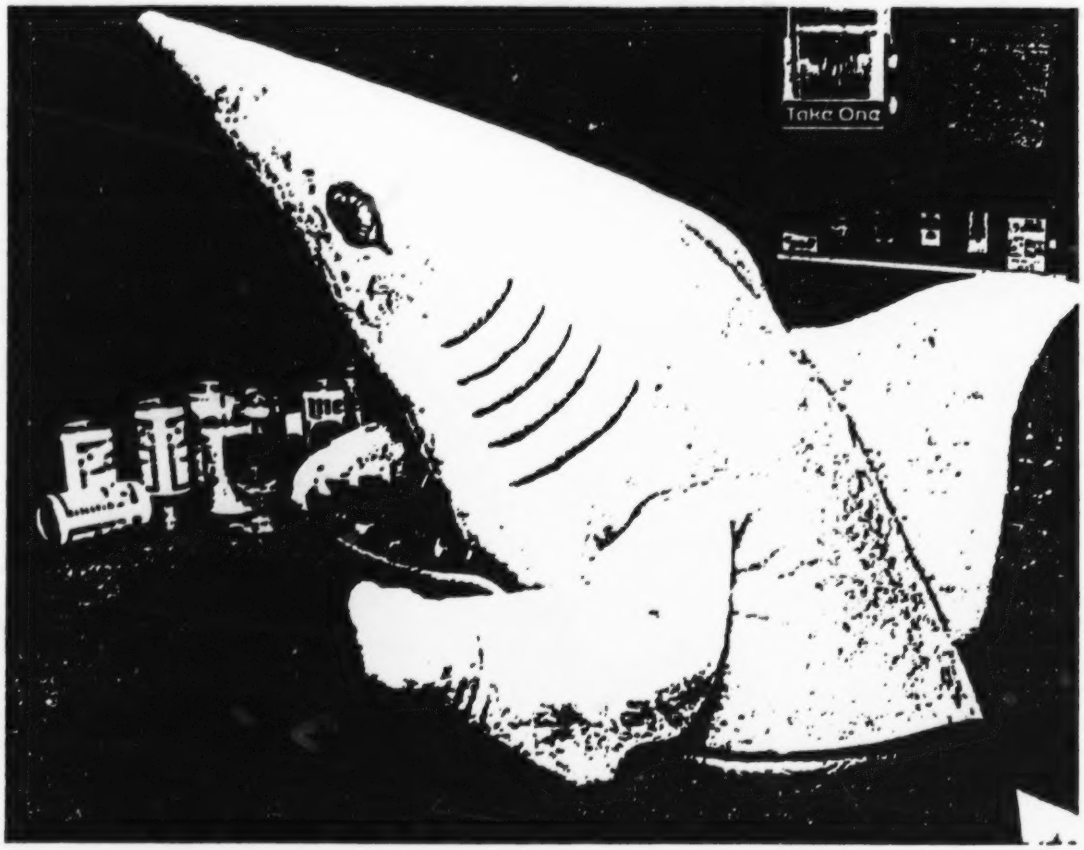
**On CMU's Campus:**

| | | | |
|---|---|---|---|
| Division of Student Affairs | 774-3208 | BACCHUS | 772-4619 |
| Counseling Center | 774-3381 | CM Life | 774-3493 |
| Office of Student Life | 774-3016 | **Off Campus:** | |
| Housing | 774-3285 | Mt. Pleasant Counseling Services | 773-9655 |
| Alcohol Abuse Intervention and Prevention Program | 774-3381 | Central Michigan Substance Abuse Services | 773-5553 |
| Health Services | 774-3055 | Listening Ear | 772-2918 |
| Wellness Resource Center | 774-3202 | Ojibwe Substance Abuse Program | 773-9123 |

**A cooperative effort between:**

**CENTRAL MICHIGAN UNIVERSITY**

**MID-STATE SUBSTANCE ABUSE COMMISSION (517) 386-4020**



**Maybe the rest of the school left you behind because you're not much fun when you drink. They waited a while, but you kept wanting 'just one more.'**

**So they left with the tide, and you're all alone...**

**A fish out of water, a long way from home.**

**For assistance, contact the following co-sponsors:**

| | | | |
|---|---|---|---|
| **On CMU's Campus:** | | | |
| Division of Student Affairs | 774-3208 | BACCHUS | 772-4619 |
| Counseling Center | 774-3381 | CM Life | 774-3493 |
| Office of Student Life | 774-3016 | **Off Campus:** | |
| Housing | 774-3285 | Mt. Pleasant Counseling Services | 773-9655 |
| Alcohol Abuse Intervention and Prevention Program | 774-3381 | Central Michigan Substance Abuse Services | 773-5553 |
| Health Services | 774-3055 | Listening Ear | 772-2918 |
| Wellness Resource Center | 774-3202 | Ojibwe Substance Abuse Program | 773-9123 |

**A cooperative effort between:**

**CENTRAL MICHIGAN UNIVERSITY**

**MID-STATE SUBSTANCE ABUSE COMMISSION (517) 386-4020**

# DO I HAVE TO DRINK A LOT TO FIT INTO COLLEGE LIFE?

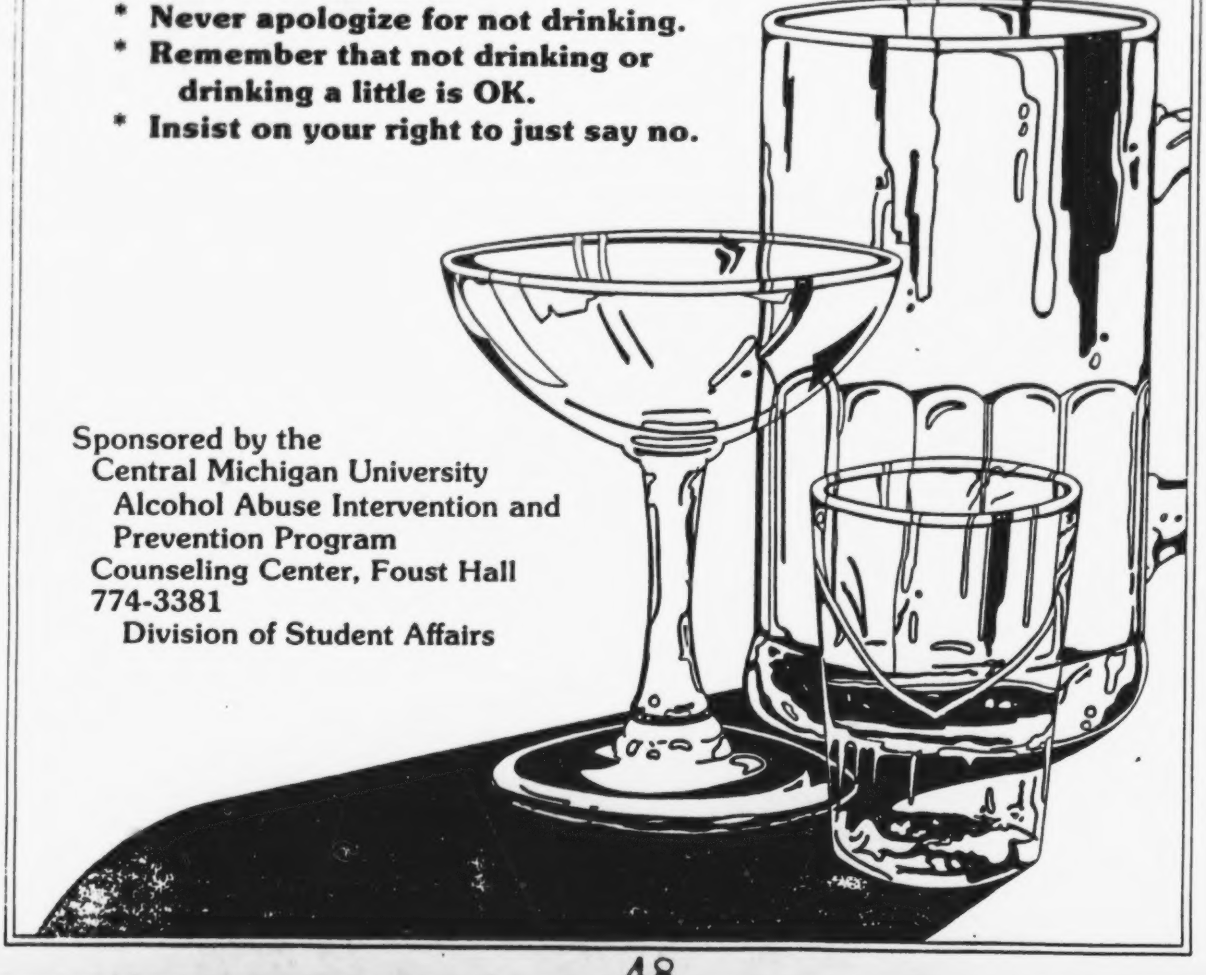
It often seems that college life and drinking alcohol simply go together. From the Friday night "Happy Hour" to Saturday night keggars to Sunday afternoon picnics, most social events seem to revolve around the use of alcohol.

Responsible use of alcohol, along with food and other beverages, can contribute to a good time. Irresponsible drinking often leads to poor grades, social and sexual problems, injuries, vandalism, violence, and legal problems.

College life isn't easy and sometimes a student will turn to alcohol. Pressure to drink from peers can be even worse. It's important to be accepted; however, it's more important to be true to yourself.

**If you find yourself being pressured to drink, here are some tips that may help:**

- **Decline politely but firmly.**
- **Ask for a soft drink**
- **Never apologize for not drinking.**
- **Remember that not drinking or drinking a little is OK.**
- **Insist on your right to just say no.**

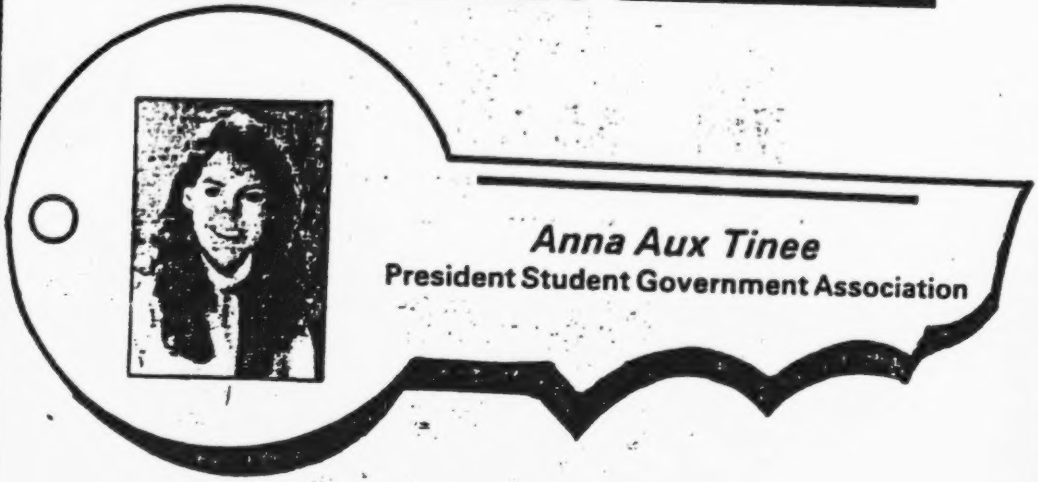


Sponsored by the
Central Michigan University
Alcohol Abuse Intervention and
Prevention Program
Counseling Center, Foust Hall
774-3381
Division of Student Affairs

10-19-87

# YOU

## are the key to responsible decisions concerning alcohol



*Anna Aux Tinee*
President Student Government Association

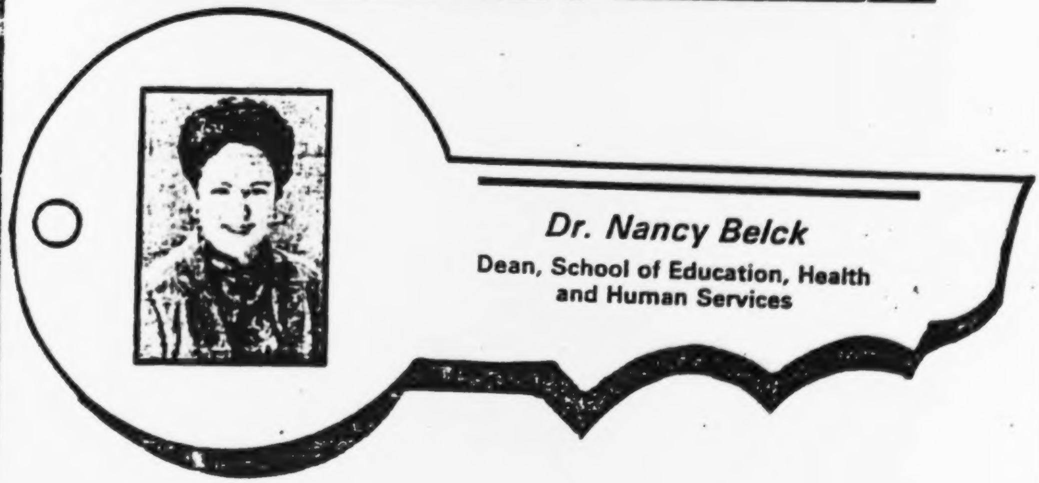
**Help prevent alcohol abuse through education**

**Support National Collegiate**
**Alcohol Awareness Week**
**Oct. 19-25, 1987**

10-21-87

# YOU

## are the key to responsible decisions concerning alcohol

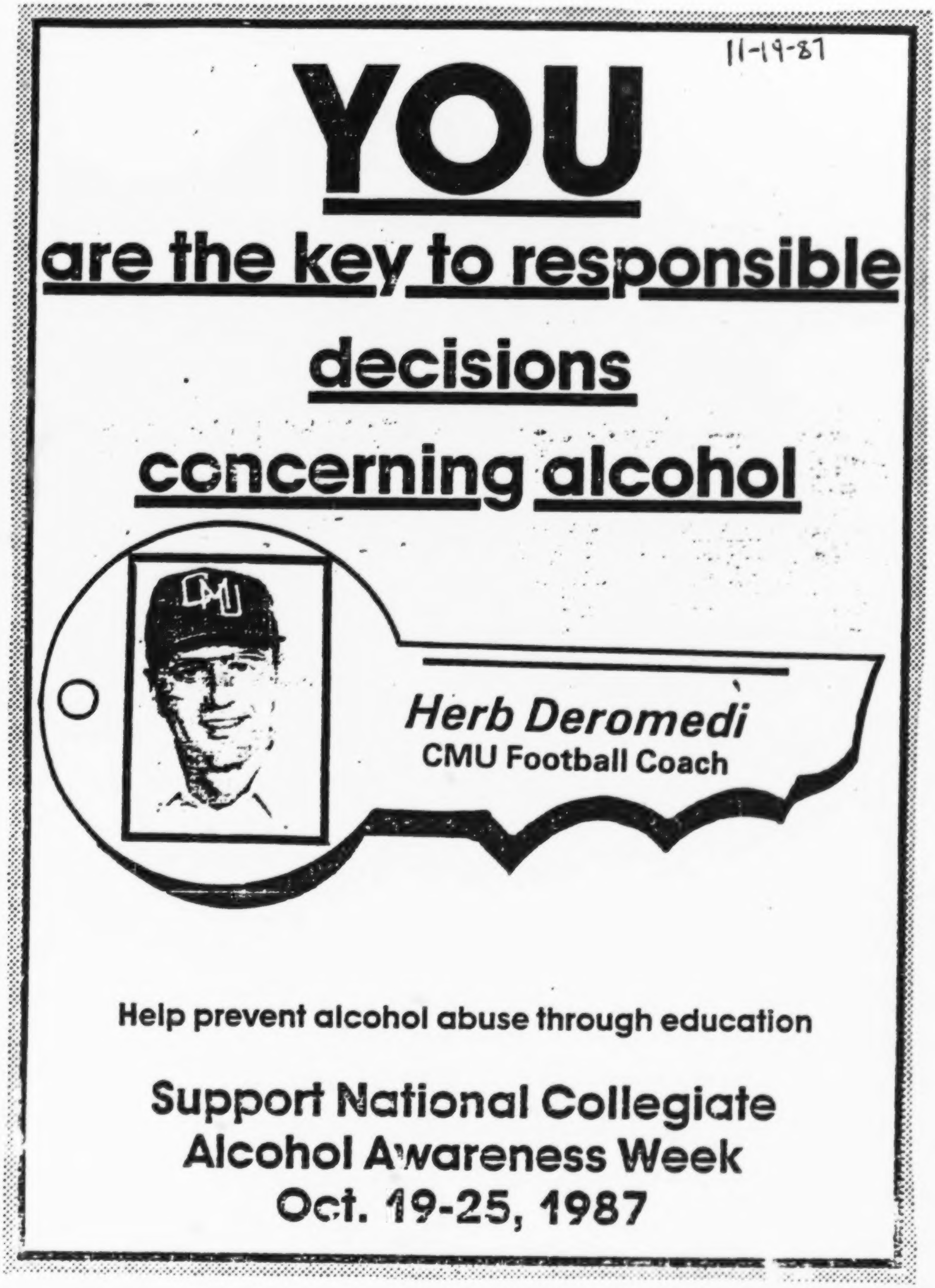


*Dr. Nancy Belck*

**Dean, School of Education, Health and Human Services**

**Help prevent alcohol abuse through education**

## Support National Collegiate Alcohol Awareness Week Oct. 19-25, 1987



11-19-87

# YOU

## are the key to responsible decisions concerning alcohol

**Herb Deromedi**
CMU Football Coach

Help prevent alcohol abuse through education

Support National Collegiate
Alcohol Awareness Week
Oct. 19-25, 1987

## BRIEFLY

Alcohol Awareness Week continues with Byron Doty, Mount Pleasant Counseling prevention educator, speaking on "Peer Pressure — Friend or Foe?" Thursday at 7 p.m. in Foust 256.

---

## For those who don't drink or don't want to drink very much

**Here are twelve ways to turn down an alcoholic beverage when it's offered to you:**

- "No thanks, I'm not drinking today"
- "No thanks, I don't like the taste"
- "No thanks, it's just not for me"
- "No thanks, I've got to study for a test tomorrow and I need a clear head"
- "No thanks, when I drink I usually end up embarrassing myself"
- "No thanks, drinking makes me tired"
- "No thanks, I have to drive home"
- "No thanks, I'm on a diet. Liquor has a lot of calories. I'd rather eat"
- "No thanks, I'm in training"
- "No thanks, what else do you have?"
- "No thanks, I don't drink"
- "No thanks"

## JUST SAY NO!

---

Editorial column

## OUR VIEW

wed 10/21/87

# RED RIBBONS

### Campus can stand united against drug abuse by doing a simple task

They may be small in size, but the red ribbons worn about campus today carry a large meaning — a statement against drug abuse.

Red Ribbon Day is in its third year and is part of Alcohol Awareness Week, which began Monday. A Plymouth firm has donated 25,000 red ribbons and PRIDE (Parent's Resource Institute for Drug Education) members are handing them out today near the Bovee University Center and Park Library.

This distribution, combined with ribbons mailed to faculty and staff and those given earlier this week to on-campus residents, will help form a united front against drug abuse. The group hopes to saturate the campus.

We're not saying by wearing a red ribbon drug abuse will come to a halt, but it's a effortless gesture which can only help raise awareness.

Who knows, wearing the ribbon might bring a good feeling to an otherwise regular October day.

So, if that red ribbon is shoved in your pocket or left at home, take a moment and put it on — and take a stand against drug abuse.

Wed. 10/21/87

CM LIFE/George McQuarters

Michigan State Trooper Phillip Frey speaks on drinking and driving as part of Alcohol Awareness Week Monday in the Bovee University Center Lake Michigan Room.

# Policeman says alcohol can lead to jail or death

**by KAREN ROBERTSON**
LIFE Staff Writer

Drinking too much could mean death and driving after too much alcohol could cost some time in jail.

Michigan State Trooper Philip Frey spoke about how different amounts of alcohol affect people, the consequences of drinking and driving and had a slide show on seatbelt use.

The speech, entitled "Alcohol and the Law, Don't Cop Out on Responsibility" was Monday at 7 p.m. in the Bovee University Center Lake Michigan Room.

Frey said after an average 150-pound man has had one can of beer, his blood alcohol level is .025. This means 2½ percent of his blood is alcohol. He said the percentage drops at a rate of .015 every hour alcohol is not consumed.

Frey said that to be legally under the influence of intoxicants, blood alcohol level must be at least .10.

"That's about five cans of beer for the average male," Frey said.

He also discussed the effects of different blood alcohol levels. At .05 people begin to lose depth perception, .08 to .09 is considered legally impared. At .35 a trip to the hospital is necessary and at a level of .50 there is a 50 percent chance of death.

"When a person hits .20, I consider most of those people to be on their way to becoming alcoholics," Frey said.

The speech also focused on what happens when a person is stopped for suspicion of driving under the influence of alchol. Frey said the driver will be given a Pre-Breathalyzer Test (PBT).

If the the PBT shows the driver is legally under the influence of intoxicants he or she will be brought to the [illegible] [illegible] [illegible] [illegible] [illegible] takes about eight hours.

The [illegible]

BEST COPY AVAILABLE

# DRUNK DRIVING IS EMBARRASSING

10-10-87

Spending a night in jail and being searched, handcuffed, and locked up is embarrassing enough...but wait until everyone finds out about it. Don't forget that a drunk driving arrest is **news**. The word gets out.

## THINK BEFORE YOU DRINK BEFORE YOU DRIVE

**What's the big deal about drunk driving?**

Think about it.

- Half of all traffic deaths in Michigan are alcohol related
- The number-one cause of death among 15-24 year-olds is drinking and driving
- On Friday and Saturday nights, one out of every 10 drivers on the road is drunk
- Drunk driving is the number one traffic safety problem in Michigan and across the nation
- More than 25 000 Americans died last year in alcohol-related traffic accidents

# Award-winning Alcohol Awareness Week nears

**by DEAN BOHN**
LIFE Staff Writer

The End of the World party is not the only alcohol related-event CMU is well known for; it also has won awards for its Alcohol Awareness Week.

The award-winning week is coming up fast, starting Oct. 19.

"Last year we were nationally recognized as having one of the best campus drug awareness programs," said Ross Rapaport, coordinator of the Alcohol and Drug Abuse Intervention and Prevention Program.

He said the University was recognized by the Interassociation Task Force on Alcohol and Other Substance Abuse Issues, which he said represents student affairs professions throughout the country.

"We were one of the five best in the country," said Rapaport, associate professor of counseling. "They didn't differentiate among the top five."

He said many other colleges and universities throughout the country also were recognized.

CMU's efforts have been recognized by first lady Nancy Reagan in a letter sent to University officials Oct. 5

Please See **ALCOHOL** Page 11B

---

# ALCOHOL

Oct. 16, 1987

CONTINUED FROM PAGE 3B

Rapaport, who is now in his fourth year of campus-wide programming, said October will feature a variety of events, but Alcohol Awareness Week should be "intense."

Kevin Rabineau, Wellness Services coordinator, said although the main focus of alcohol awareness is during the one week, "we'll be touching on alcohol and drug abuse the whole year."

Activities designed to create an awareness to alcohol and drug abuse include:

■ Monday from 7 to 8:30 p.m. — State Police Officer Philip Frey is scheduled to speak in the Lake Michigan Room at the Bovee University Center on "Alcohol and the Law, Don't Cop Out on Responsibility."

■ Tuesday from 8 to 9:30 p.m. — Robin McKinney, CMU graduate student and counselor in education, is to speak at the Wesley Foundation on "Alcoholism and the Homosexual Community."

■ Wednesday from 7 to 8:30 p.m. — Penny Norton, Prevention Coordinator of the Mid-State Substance Abuse Commission, is scheduled to give a speech "Cocaine Update" in the Lake Michigan Room in the Bovee University Center.

Wednesday is also Parents Resource Institute for Drug Education (PRIDE) during which red ribbons are to be handed out.

■ Thursday from 7 to 8:30 p.m. — "Peer Pressure - Friend or Foe?" is the scheduled topic of a speech in Foust 256 by Byron Doty, Prevention Educator of Mount Pleasant Counseling services.

Thursday also is "Dry Day." Buttons reading "Hi, I'm Dry" are to be made available to students.

■ Friday from 9 p.m. to 1 a.m. — A video dance is planned at Finch Fieldhouse. Rabineau said it will be free to the University community, refreshments will be provided, and there will be dance videos on three video screens. He said he expects a large turnout.

Videos are also going to be displayed daily in the Bovee University Center Monday through Friday 10 a.m. to 2 p.m.

The week will end Saturday with a 12-string guitar and vocals duo. It will be performed by Borkowski and Rosochacki who will play urban folk-style music from the 60's and 70's. The show is to be in the Cafe Express at 9 p.m., admission is $2. It is brought to CMU in conjunction with Program Board's Centre Stage Series.

There are also plans to have a homecoming float with an alcohol and drug awareness theme.

Rabineau said there is no lack of activities during the week, and students can find something to do without drinking.

"There are a lot of things planned for each night. It's a packed week," he said. "It gives a lot of people a lot of opportunities to have fun with out going out and getting totalled."

Rapaport said a poster series also is in the planning stages and Housing officials are planning to participate with dances and celebrations.

The National Collegiate Alcohol Awareness Week is being co-sponsored by Eta Sigma Gamma, Program Board, PRIDE, University Health Services, Wellness Resource Center, Housing, Student Activities, Alcohol and Drug Abuse Intervention and Prevention Program, and the Division of Student Affairs.

Oct. 16, 1987

# Office stresses good food, not drink

**by ANNE SEEBALDT**
LIFE Staff Writer

The stress of the *better* Homecoming tailgate parties is less likely to be on who can drink the most, but on the good eating available.

Alumni Relations Director Carol Hyble said her office is stressing the food aspect of tailgate parties to lessen problems with alcohol.

"Lots of good food and warm food (helps accomplish this) — all the fun kinds of food you try not to eat on a daily basis," she said.

Tailgate party recipes can be simple or elaborate. They vary as much as the individuals preparing food for the event — from simple snacks to gourmet dishes, said Carol Zaremba, Bovee University Center food manager.

"There are people who are pretty creative in that aspect," she added. "People will get quite elaborate. It doesn't have to be real informal. It depends on who's making it and who's serving."

She said tailgaters usually bring all their food and drinks from home. Some, though, bring cold items and purchase a hot course — such as fried chicken.

"Most people bring cold things, because it's pretty hard to transport hot stuff," Zaremba said.

Food commonly found at tailgate parties are salads, breads, chips and snack foods that are not messy, she said.

"They bring all kinds of baked goods and picnic-type items," she said.

To guide tailgaters in the cooking traditions of these parties, there are several tailgate cookbooks, Zaremba said.

Tailgate parties are not just for Homecoming, she said.

# Homecoming has more pre-game tailgate parties

**by ANNE SEEBALDT**
LIFE Staff Writer

As Homecoming brings fun for students and alumni, it also brings greater involvement in tailgate parties — and probably the biggest alcohol problem of the year, local officials said.

"Tailgate parties have been a tradition of some standing (at CMU)," Alumni Relations Director Carol Hyble said. "I would imagine at least the last 10 years and maybe more."

Another tradition goes along with the fun of tailgate parties — alcohol use in violation of University drinking policy. The Department of Public Safety will deal with violators, said Lt. Stan Dinius, DPS assistant director.

Dinius said people with open kegs will be asked to dismantle them and remove them from the area. If they fail to cooperate, DPS officials will confiscate the kegs and University disciplinary measures — if the offender is a student — or a police report will result.

Hyble agreed alcohol at tailgate parties in general and particularly during Homecoming weekend presents a problem.

"(That's why) we really do stress the food end of it," she said.

Other helpful ingredients for a good tailgate party include warm food to keep the chill off, a sunny day, good music and tents for shelter, Hyble said.

"I really think the tents pull together more people," she said. "Also the anticipation of the game adds to the enjoyment of the day."

Also planned during the tailgate is a raffle, with the prizes being CMU items, like bumper stickers and pins, she said.

"It should add to the atmosphere of the day," she added.

Hyble said many different student organizations take part in welcoming alumni home with parties — not all of which are located on Central property. This is especially true of CMU's fraternities and sororities, Hyble said.

"Homecoming has a mixture of student organizations holding events for alumni," she said.

Alumni naturally want to visit with groups that they were involved with, where they can meet with college friends they haven't seen for a while, Hyble added.

One party already in the works is the 25th reunion class — the 1962 CMU graduates tailgate party, she said.

"Our Grand Rapids alumni and our Detroit alumni are going to have a joint tailgate party," she added.

Alumni Relations will set up two tents near Rose Center to shelter the 25th reunion group for the potluck dinner. Members of the two alumni groups will provide food.

# CENTRAL MICHIGAN UNIVERSITY

## National Collegiate Alcohol Awareness Week

## October 19-25, 1987

CM Life
10/16/87
10/19/87
10/21/87

### Speaker Series

| | |
|---|---|
| **MONDAY, October 19**<br>7-8:30 p.m.<br>Lake Mich. Room. Bovee U.C. | "Alcohol and the Law, Don't Cop Out on Responsibility"<br>Philip Frey. State Police Officer |
| **TUESDAY, Octover 20**<br>8-9:30 p.m.<br>Wesley Foundation | "Alcoholism and the Homosexual Community<br>Robin McKinney. CMU Counselor Education Graduate Student |
| **WEDNESDAY, October 21**<br>7-8:30 p.m.<br>Lake Mich. Room. Bovee U.C. | "Cocaine Update"<br>Penny Norton. Prevention Coordinator<br>Mid-State Substance Abuse Commission |
| **THURSDAY, October 22**<br>7-8:30 p.m.<br>256 Foust Hall | "Peer Pressure - Friend or Foe?"<br>Byron Doty. Prevention Educator<br>Mt. Pleasant Counseling Services |

### Entertainment

| | |
|---|---|
| **FRIDAY, October 23**<br>9 p.m.-1 a.m.<br>Finch Fieldhouse | FREE—Video Dance Party<br>Refreshments served |
| **SATURDAY, October 24**<br>9:00 p.m.<br>Cafe Express. Bovee U.C.<br>Admission. $2.00 | Program Board presents. as part of the Center Stage Series. Borkowski & Rosochacki-mello vocals and 12-string guitar. Their music recalls the urban folk music style of the 60's and 70's. |

### Films and Displays

**(Outside Cafe Express and Wellness Resource Center, Bovee U.C.)**

| | |
|---|---|
| **MON.-FRI.**<br>10 a.m.-2 p.m. | Drug education videos will be shown daily. |
| **TUESDAY**<br>10 a.m.-2 p.m. | Display. free materials and representative from Michigan Substance Abuse and Traffic Safety Information Center<br>Gail Johnson. Coordinator. |

### Residence Hall Programs

Throughout the month of October students and other members of the University community will be able to attend many alcohol and other drug education programs in individual residence halls. Check each residence hall for specific program offerings.

### Red Ribbon Day-Wednesday. October 21

PRIDE sponsored event—Wear a red ribbon as a statement against drug abuse. Red Ribbons will be available throughout campus.

Co-sponsored by: ETA Sigma Gamma, Program Board, PRIDE, University Health Services [illegible] & Drug Abuse Information [illegible]

BEST COPY AVAILABLE

CMU
WELLNESS RESOURCE CENTER

CENTRAL MICHIGAN UNIVERSITY

# GROUP SESSION EVALUATION SHEET

SPEAKER/s ______________________ TOPIC ______________________

1. How would you rate the speakers presentation style?

| | | | | |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
| very poor | poor | fair | good | very good |

2. How would you rate the usefulness/relevance of the information to you?

| | | | |
|---|---|---|---|
| 1 | 2 | 3 | 4 |
| not useful | somewhat useful | useful | very useful |

3. How did you hear about the presentation/program?

| | | | | | |
|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 |
| friend | flyer | newspaper | class | RA/RHD | other |

if other (6), specify ______________

4. Would you recommend this program to a friend?

| | |
|---|---|
| 1 | 2 |
| yes | no |

5. What other topics would you like to have addressed?

Please specify! ___________ ______________

______________________________

Thank You for your cooperation!!!!!!!!!!

BOX 99 WARRINER HALL
MOUNT PLEASANT MICHIGAN 48859

CENTRAL MICHIGAN UNIVERSITY
*COUNSELING CENTER—J. W. FOUST HALL*

October, 1987

Dear Faculty and Staff:

The week of October 19-25 has been declared National Collegiate Alcohol Awareness Week by a number of national student personnel organizations.

As we have done for the last three years, during this time there will be a campus wide speaker series, educational displays outside the Wellness Resource Center (across from the Reservation) and Cafe Express at the Bovee University Center, and a large number of educational programs in our residence halls.

Last year our NCAA week's activities were recognized as one of the five best programs in the country. An important factor in our success was faculty support of the week's activities.

Enclosed is a schedule of campus-wide events for NCAA week. Please encourage your students attendance at the programs and consider awarding extra credit for their participation. Course relevant discussion of alcohol and other drug topics would also help focus attention on this most significant problem.

Thank you for your support.

Sincerely,

Ross J. Rapaport

Ross J. Rapaport, PH.D.
Coordinator, Alcohol and Drug Abuse
Intervention and Prevention Program
Associate Professor - Counseling Center

RJR/lt

[illegible]

# CENTRAL MICHIGAN UNIVERSITY
# National Collegiate Alcohol Awareness Week
October 19-25, 1987

## Speaker Series

| | |
|---|---|
| **MONDAY**, October 19<br>7-8:30 p.m.<br>Lake Michigan Room, Bovee U.C. | "Alcohol and the Law, Don't Cop Out on Responsibility"<br>Philip Frey, State Police Officer |
| **TUESDAY**, October 20<br>8-9:30 p.m.<br>Wesley Foundation | "Alcoholism and the Homosexual Community<br>Robin McKinney, CMU Counselor Education Graduate Student |
| **WEDNESDAY**, October 21<br>7-8:30 p.m.<br>Lake Michigan Room, Bovee U.C. | "Cocaine Update"<br>Penny Norton, Prevention Coordinator<br>Mid-State Substance Abuse Commission |
| **THURSDAY**, October 22<br>7-8:30 p.m.<br>256 Foust Hall | "Peer Pressure - Friend or Foe?"<br>Byron Doty, Prevention Educator<br>Mt. Pleasant Counseling Services |

## Entertainment

| | |
|---|---|
| **FRIDAY**, October 23<br>9 p.m. - 1 a.m.<br>Finch Fieldhouse | FREE - Video Dance Party<br>Refreshments served |
| **SATURDAY**, October 24<br>9:00 p.m.<br>Cafe Express, Bovee U.C.<br>Admission: $2.00 | Program Board presents, as part of the Center Stage Series, Borkowski & Rosochacki - mellow vocals and 12-string guitar. Their music recalls the urban folk music style of the '60's and '70's. |

## Films and Displays
(Outside Cafe Express and Wellness Resource Center, Bovee U.C.)

| | |
|---|---|
| **MONDAY - FRIDAY**<br>10 a.m. - 2 p.m. | Drug education videos will be shown daily. |
| **TUESDAY**<br>10 a.m. - 2 p.m. | Display, free materials and representative from Michigan Substance Abuse and Traffic Safety Information Center - Gail Johnson, Coordinator. |

## Residence Hall Programs

Throughout the month of October students and other members of the University community will be able to attend many alcohol and other drug education programs in individual residence halls. Check each residence hall for specific program offerings.

## Red Ribbon Day - Wednesday, October 21

PRIDE sponsored event - Wear a red ribbon as a statement against drug abuse. Red ribbons will be available throughout campus.

Co-sponsored by: ETA Sigma Gamma, Program Board, PRIDE, University Health Services, Wellness Resource Center, Housing, Student Activities, Alcohol & Drug Abuse Intervention and Prevention Program, Division of Student Affairs

# Drug expert tells of dangers of cocaine use

**by KAREN ROBERTSON**
Staff Writer

"It is one of the most addictive drugs we know. There is no shut off point where you know you've had too much."

**Penny Norton**
drug education specialist

Cocaine is an extremely dangerous drug that can be used in three different forms, each producing an euphoric feeling that can become addictive.

Penny Norton, a drug education specialist at the Michigan Midstate Substance Abuse Commission, spoke to about 50 people in the Bovee University Center Lake Michigan Room Wednesday. The speech — entitled Cocaine Update — was part of Alcohol Awareness Week.

Norton gave the facts about cocaine and crack — the effects, how addiction develops and how addicts can be helped.

She said cocaine hydrochloride, commonly know as cocaine, is used three ways. One way is snorting "lines" of the powdered form, in which 60 percent of the drug is absorbed into the body. The liquid form can be injected and the body absorbs 100 percent of the drug. Freebasing is smoking the "crack" form of the drug and absorption varies with the amount inhaled.

Crack is a highly concentrated form of cocaine that must be smoked, Norton said.

Each way produces a "rush" or feeling of euphoria. This feeling is what makes the drug highly addictive and dangerous, she added.

"It is one of the most addictive drugs we know. There is no shut off point where you know you've had too much. The mind just keeps saying 'feels good — do more'," Norton said.

And crack is the most dangerous of the three forms of cocaine, she added.

"Because crack was a smaller dose, it was cheaper and therefore opened up a whole new market for drug traffickers. Ironically it also is the most addictive form of cocaine. There is no such thing as recreational crack use — you do it till the money's gone," Norton said.

Norton said a person's tolerance level rises each time the drug is used. Therefore, people need more and more to get the same "high" or "rush." With the increase in tolerance level, people get closer to overdosing until finally just a small extra dose will do it, she said.

Norton explained four stages that lead to physical and psychological addiction. The first is a learning phase when a person tries the drug for the first time and experiences the first "high" without too many consequences.

The next phase is the seeking phase when they set limits on drug use, and the third is the dependency phase when people lose control over those limits.

The last phase is where the drug is used to get back to the normal state. The user becomes so low the drug no longer creates euphoria and is used to go to a normal state, she said.

Norton said addicts are not "bad people" but are chemically addicted to the drug and need help to break the habit. She encouraged friends and family to try to help the addict get professional help.

"Part of the reason I believe we are in the mess is because in relationships we see red flags, but don't know what to do, so we rationalize not to do anything," Norton said.

However, she said people who do try to help find it is not an easy task because so many addicts strongly deny the addiction.

"It is one of the most miserable and most important things you will ever do," Norton said.

# 'Tacky' apparel is in at video dance

**by KIM PAULLIN**
Staff Writer

## Sponsors stress to dress like a mess

Most people wouldn't dream of dressing in polyester suits or five-inch platform shoes for an evening at the bar or a party.

But that is exactly what CMU students will do tonight for a free dance party in Finch Fieldhouse.

Wellness Services Coordinator Kevin Rabineau said the dance party will have the theme "Tacky Tourist."

"We want people to come as tacky as can be," he said.

The event, part of National Collegiate Alcohol Awareness Week, will start at 9 p.m. and end at 1 a.m.

Admission is free.

"No catches, no charges," Rabineau said. He said the two most important aspects of this event are it's free and it's free fun.

The Wellness Resource Center, University Health Services and Eta Sigma Gamma, the honorary health fraternity, are sponsoring the dance.

The dance party will feature three large screens around the area, Rabineau said. There also will be free munchies and "mocktails" available to those who attend, he added.

And at two times throughout the course of the evening free gifts will be given away. Rabineau would not disclose what the prizes are or when they will be given away.

The party is being thrown to summarize the week's events for National Collegiate Alcohol Awareness Week. It is offered as a safe alternative to other alcohol-related Friday night happenings. Rabineau said he is hopeful this event will stress the awareness of alcohol-associated problems.

"We, as sponsors of the dance, have appreciated everyone's support during this week and this is a way of saying Thank you and at the same time offering a fun and safe alternative for Friday night."

10-26-87

# Fans go on trip to musical past

**by MICHAEL J. LAFLECHE**
LIFE Staff Writer

A piece of the past was brought back to CMU in an expert performance by a classic-folk music duo Saturday night in the Bovee University Center Café Express.

Music from the 1960s and 1970s era, by Hamtramck duo Borkowski and Rosochacki, took the audience into a musical time machine, covering songs from critically-acclaimed artists.

Review/
**Band**

Joe Borkowski and Joe Rosochacki performed songs ranging from Simon and Garfunkel to Elton John during a show sponsored by Program Board.

The duo's first song, *If You Could Read My Mind*, a classic ballad by Gordon Lightfoot, showcased guitarist Rosochacki's subtle and at times raging guitar solos.

Borkowski sang with vigor as the duo broke into the thought-provoking *Cats in the Cradle*. Rosochacki's guitar complemented Borkowski's energy-filled vocals as he sang about how a father neglects his son only to discover later in life his son grows to be just like him.

Please See **DUO** Page 7

## DUO

CONTINUED FROM PAGE 6

The duo also performed two Simon and Garfunkel classics with *Homeward Bound* and *I Am A Rock*. The two harmonized and traded off vocals as Borkowski encouraged the audience to sing along. *Sittin' On the Dock of the Bay* was dedicated to summer. This Otis Redding tune put Rosochacki's guitar work back in the limelight again, as it sounded galvanized at times, yet subtle and delicate at others.

Just before ending the show, the duo got the audience going when they cranked out their rousing rendition of *Peggy Sue* and stepped right into *That'll Be The Day*. The duo then slowed the pace a stirring version of *American Pie*, to which the audience clapped along.

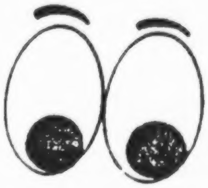
After acheiving marginal success with their first recording, *Images*, Borkowski and Rosochacki said they are working on their second album scheduled for release early next year.

Housing Happenings
November, 1987

apartment cannot be used as a renters' deduction on state income tax returns. The reason for this is that the property rented must be subject to Michigan property tax to qualify for the deduction. University property is not subject to this tax.

## Renter's Insurance

Residents are strongly encouraged to obtain renter's insurance to cover personal belongings in the event of a loss. The University is not responsible for personal possessions of residents. Relatively low cost renter insurance can be obtained through local insurance companies.



## For Hunters, The Eyes Have It

The National Society to Prevent Blindness reminds hunters that while poor safety practices are frequently to blame for many shooting accidents, poor eyesight is often a contributing factor.

"Investigations following these accidents, compiled by state authorities, show that many shooting mishaps in the field occur as a direct result of deficient eyesight," said Virginia S. Boyce, executive director of the NSPB. Hunters, especially, need good vision and color perception.

In an effort to cut these tragic accidents, the NSPB advises hunters to have their eyesight checked. It could help eliminate target mistakes.

Safety glasses or goggles are also recommended for hunters whether or not they have vision problems. Guns can toss debris back out of the chamber when a shell is fired, and tree and bush branches snapping back can badly injure unprotected eyes when hunters file through thickets.

Inexpensive safety glasses with non-corrective lenses are available from opticians, eye doctors, or suppliers of industrial equipment, the SNPB notes. Those who need corrective glasses can order their safety eyewear with lenses made up to their prescriptions from their usual source for eyeglasses. Lenses can be tinted to reduce glare.

From: February 1982, National Safety News

## First Aid For The Intoxicated

There is no way to sober up quickly. It takes time for the person to metabolize the alcohol in the bloodstream. A cold shower, black coffee, oxygen or exercise will have little effect. A general rule of thumb is that it will take as many hours to sober up as the number of drinks ingested. Here are some basic first-aid procedures to use on an intoxicated person.

If a person has had "one too many" and passes out, monitor his/her breathing to make sure it's normal. If the breathing is irregular and the person appears to be in a coma, with purplish skin tone, try to wake him/her by shaking or gently poking. If there is no response, call for medical attention immediately.

If the person responds but is listless and sleepy, make sure the person is on his side so he will not choke in case of vomiting. Keep the person comfortable and let him sleep it off. A ride to the local detox center might be a sobering experience for your friend.

If the person is not breathing, proceed with mouth-to-mouth resuscitation and get help immediately.

Much care must be executed with the aggressive drunk who wants to fight everyone.

- First approach the person carefully and try to calm him/her down by using rational reasoning.
- Attempt to get the person to leave and go home with you or friends.
- If the person continues to be assaultive and is hurting others, you should call the police to avoid further damage and for the individual's own protection.

From: BACCHUS

**Answers to Thanksgiving game:**
Home, prayer, pie, pumpkin, oysters, Turkey, cheese, salad, nuts, cookies, dressing, mango, trip, harvest, fruit, cranberry, grandma.

TO: Members of the University Community

FROM: Keven Rabineau, Coordinator of Wellness Programs (3202/6583)
Ross Rapaport, Coordinator, Alcohol and Drug Abuse Intervention and Prevention Program (3381)

DATE: November 5, 1987

SUBJECT: Alocohol/Drug Education Speakers

The following is a list of individuals who are available to speak on a variety of alcohol/drug education topics. Contact each person directly, if you would like him/her to speak in a class or for an organizational meeting. Please contact either of us if you have questions or concerns. Thank you!

## ALCOHOL EDUCATION SPEAKERS
October 1987

### Student Speakers

| | | |
|---|---|---|
| Sherri Look | Disease concept of alcoholism<br>Responsible drinking | 772-5738 |
| Alice LaBonte | Adult children of alcoholics | 772-0602<br>774-3160 |
| Matt Manker | Aspects of recovering (alcohol and drugs) | 772-5542 |
| Laura Streng | Adult children of alcoholics | 773-7570 |
| James Traynor | Recovery and relapse (alcohol and drugs) | 773-9680 |

### Faculty, Staff and Community Speakers

| | | |
|---|---|---|
| Joe Barberi<br>Isabella County Prosecuting Attorney's Office | Laws, penalties and costs involved in drinking and driving in Isabella County | 772-0911 |
| Kim Belland<br>Mt. Pleasant Counseling Service | Adolescent treatment groups<br>Counseling teenage alcoholics<br>Court referrals | 773-9655 |
| James Brugger | Drinking and driving breatholizer test demonstration | 773-0808 |
| Byron Doty<br>Mt. Pleasant Counseling Service | Prevention Topics<br>Educational programming | 773-9655 |

OVER . . .

## ALCOHOL EDUCATION SPEAKERS
## Faculty, Staff and Community Speakers
(Cont.)

| | | |
|---|---|---|
| Phil Frey<br>Michigan State Police<br>Officer | Drinking and driving | 773-5951 |
| Tom Jones<br>Wesley Foundation | Alcohol and Drugs | 772-2320 |
| Arlene List<br>Family Counseling Svc. | Substance Abuse, Family Dynamics<br>Children of Alcoholics | 773-9328 |
| Karen Revord<br>Mt. Pleasant<br>Counseling Service | Women and alcohol<br>Spouses or significant others of alcoholics, Intervention | 773-9655 |
| Marilyn Wightman<br>Director, Mt. Pleasant<br>Counseling Service | Call to discuss possible topics<br>Administration and supervision | 773-9655 |
| Jennifer Boyce<br>Mt. Pleasant<br>Counseling Service | Adult children of alcoholics<br>Adolescents and treatment programs | 773-9655 |
| Ross Rapaport<br>Counselor<br>CMU Counseling Center | Adult children of alcoholics<br>Disease concept of alcoholism vs. alcohol abuse<br>General Alcohol Education | 774-3381 |
| Penny Norton<br>Mid-state Substance<br>Abuse Commission | Street Drugs, Media influences on alcohol and drug usage<br>General alcohol and other drug ed. | 1-386-4020 |
| Jim Pahz<br>CMU Health Ed. Dept. | What is Alcoholics Anonymous (AA) all about?? | 1-828-5842<br>774-3529 |
| Al Doering, Counselor<br>Field representative<br>New Day Center<br>Substance Abuse Services<br>Tri-county Comm. Hosp. | Overview of cause, progression and treatment of alcoholism<br>Explanation of the inpatient treatment program at Edmore | 1-427-5173<br>(Edmore) |
| Paul Weber, Consultant<br>Safety Education<br>Safety and Traffic<br>Engineering Automobile<br>Club of Michigan | Alcohol and safety<br>Drinking and driving | 1-313-336-1413 |
| Joe Frankenfield<br>St. Mary's<br>University | Will lead small group discussions on psychological and spiritual dimensions of alcohol problems, available for panel discussions | 773-3931 |

UNDERSTANDING CHILDREN OF ALCOHOLICS
(Please Type or Print)

Name ____________________

Street Address ____________________

City ____________ State ____________ Zip ____________

Home Phone ____________ Business Phone ____________

Place of Employment/School Attending ____________________

Employment Title ____________________

Please complete and return with your payment prior to October 30 to:

CHILDREN OF ALCOHOLICS
CECS, Rowe #126
Central Michigan University
Mt. Pleasant, MI 48859

VISA # ____________ ______ $35 Registration Fee

Master Card # ____________ ______ $15 Student Fee (Full-time Student)

Expiration Date ____________

Cardholder's Signature ____________

FOR OFFICE USE ONLY:

Payment ______ CK/CC ______ Date ______ DRT ______ Refund ______

## REGISTRATION/COST

The cost of the workshop is $35.00 per person, $15.00 per student (full-time). The cost includes registration, refreshments and handouts. The cost does not include lunch.

Visa and MasterCard accepted. Please indicate your credit card number, expiration date and be sure to sign the form to authorize a charge to your account.

## LUNCH

Lunch can be purchased in the Reservation which is on the lower level of the University Center.

## FURTHER INFORMATION

Contact Sharon Horgan, CECS, 126 Rowe Hall, Central Michigan University, Mt. Pleasant, MI 48859 or call (517) 774-3718.

## LOCATION

The workshop will be held on the upper level of the University Center, Bovee Conference Center at Central Michigan University, Mt. Pleasant, MI.

## PARKING

Free parking is available in Lot #22, which is located on West Campus Drive, between Preston Street and Broomfield Road. Be sure to show the booth attendant a copy of your confirmation letter or a copy of this brochure.

## CANCELLATION/REFUND POLICY

Central Michigan University reserves the right to cancel this conference on or before October 30, 1987. Your registration fee (less $10) will be refunded if a written cancellation notice is received in our office on or before November 6. No refunds after November 6, 1987.

CMU is an affirmative action and equal opportunity institution.

# UNDERSTANDING CHILDREN OF ALCOHOLICS

## FROM EIGHT TO EIGHTY

Central Michigan University

November 7, 1987

## INTRODUCTION

Alcoholism inflicts pain and suffering not only on the alcoholic, but also on the alcoholic's family. Children in particular, may be negatively influenced by the alcoholic's drinking and the family's struggle which follows. This workshop will increase participants understanding of children of alcoholics. It is open to anyone who would like to learn more about the effects of alcoholism on children. The workshop is for adults who grew up in an alcoholic or otherwise dysfunctional home, teachers, administrators, counselors, psychologists, medical doctors, nurses, clergy, human service workers and others interested in the topic.

The following questions will be discussed throughout the workshop:

What is an alcoholic?
What is a co alcoholic or enabler?
Why is alcoholism a family disease?
What does it take before an alcoholic gets help?
What is an alcoholic's home like?
What happens when children grow up in a home where they are discouraged from talking openly about what is taking place?
What are the rules that guide an alcoholic family as opposed to a functional family?
What do children do to survive an alcoholic environment?
Do roles differ in a family where alcohol is not present?
What happens to adults who grow up in an alcoholic family?
What kinds of problematic behaviors do adult children of alcoholics exhibit?
What variables influence the impact of alcoholism on adult children?
What are the behaviors which indicate a teenager may be having difficulty because of parental alcoholism, and what can you do about it?

## SCHEDULE

| | |
|---|---|
| 8:30 - 9:00 a.m. | Registration |
| 9:00 - 9:45 a.m. | Disease of Alcoholism<br>Film /discussion |
| 9:45 - 10:15 a.m. | Children of Alcoholics<br>Film/video /discussion |
| 10:15 - 10:30 a.m. | Break |
| 10:30 - 12:30 p.m. | James Blundo/<br>Pat Sullivan<br>Rules that govern an alcoholic family<br>First-person description of behaviors and feelings of co-alcoholic/alcoholic.<br>Description of survival roles developed in the alcoholic family and their impact on adult life |
| 12:30 - 1:30 p.m. | Lunch (On your own) |
| 1:30 - 4:00 p.m. | Brief review of major points of morning discussion<br>Factors which determine the degree of family dysfunction<br>Helping children of alcholics<br>A demonstration group |
| 4:00 - 5:00 p.m. | Focused discussion on items of interest from participants<br>Community resources<br>Wrap-up and evaluation |

Did you know:
1 of 8 drinkers becomes an alcoholic
1 of 4 children have one or more parents who are alcoholics
50-60% of alcoholics come from alcoholic homes
70% of teenagers who are chemically dependent come from alcoholic homes

## SPONSORED BY

This program is sponsored by Central Michigan University, Continuing Education and Community Services, Alcohol & Drug Abuse Intervention and Prevention Program - Division of Student Affairs and Mid-State Substance Abuse Commission.

## SPEAKERS

**PAT SULLIVAN, M.A., C.S.W., N.C.C.,**
Substance Abuse Licensed
Background:
- Teacher
- School Counselor
- Director/Counselor in Substance Abuse Agency
- Therapist in Private Practice
- Consultant
- Workshop Presenter

**JAMES BLUNDO, M.A., C.S.W., N.C.C.,**
Certified Clinical Mental Health Counselor
Background:
- Teacher
- School Counselor
- Director/Counselor in Substance Abuse Agency
- Therapist in Private Practice
- Consultant
- Workshop Presenter

## INFORMATIONAL DISPLAY

GAIL JOHNSON, Michigan Substance Abuse and Traffic Information Center, Lansing, Michigan

## COORDINATOR

ROSS RAPAPORT, Ph.D., Associate Professor, Counseling Center; Coordinator, Alcohol and Drug Abuse Intervention and Prevention Program.

Newsletter Nov. 9, 1987.

was reached Thursday. Details are being withheld pending a membership meeting Tuesday from 10 a.m. to noon in the Bovee UC Auditorium. Clerical supervisors are asked to give release time with pay to all clericals to attend. Persons with questions may call Human Resources at 7189.

Distribution of the new **CMU directories** is substantially complete. Any office needing additional directories may contact Telecommunications at 3087. Directories also are available at the UC Bookstore for $1.50. Comments regarding next year's directory should be directed to Media Relations, Rowe 114.

CMU is offering the following **vehicles for sale:** Three 1983, 4 dr., diesel Chevrolet Malibus--1) s/n 1G1AW69N2DR-164218, CMU # 69875, mileage 79,519; 2) s/n 1G1AW69N9DR164765, CMU # 69884, mileage 77,017; 3) s/n 1G1AW69N6DR-167848, CMU # 69882, mileage 76,482; and three 4 dr. police cars, 1985 Dodge Diplomats--1) wrecked, s/n 1B3BG26S3FX-665100, CMU # 72640, mileage 35,213; 2) s/n 1B3BG26S7FX665102, CMU #72642, mileage 42,203; 3) s/n 1B3BG26S5FX-665101, CMU # 72641, mileage 37,635. Vehicles may be inspected and bid forms obtained at U. Stores from 8 a.m. to 3:30 p.m., Monday through Friday. The vehicles will be sold "as is, where is," no warranty. Bids will be opened at Stores at 10 a.m. Nov. 18. No late bids will be accepted. CMU reserves the right to reject any or all bids.

Faculty wishing to reserve **academic apparel** for Dec. 19 commencement exercises may do so at the office of the UC Bookstore not later than Nov. 27. Any requests after that date will be accepted on a contingent basis. Remittance with order is requested.

Yes, the *Newsletter* **will be published** Nov. 30, the Monday following Thanksgiving. The deadline for that issue is 5 p.m. Nov. 23.

**Teaching Preference Forms** for IPCD classes listed in the Nov. 2 *Newsletter* are due Nov. 23.

## This Week at CMU

| S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|
| 15 | 9 | 10 | 11 | 12 | 13 | 14 |

**Monday**/The Creative Arts Gallery displays landscape paintings by Petoskey artist Stephen Kendall today through Nov. 20. The gallery is located in the lower level of the Bovee UC.

**Monday**/The Chemistry Speaker Series presents W. Edward Billups of Rice University at 3 p.m. in Brooks 169. Billups' topic will be "Generation and Characterization of New Reactive Intermediates and Compounds."

**Monday**/"A/V Selection and Use" is the topic of an Academic Senate teaching enrichment workshop from 3 to 5 p.m. in the Lake St. Clair Room of the Bovee UC. Bill Low and Steve Zlotolow, Library Instructional Resources, will lead the session.

**Monday**/An Alcohol Liability Seminar sponsored by Theta Chi and Sigma Sigma Sigma begins at 7 p.m.

**Monday**/The UC Movie is *Ferris Bueller's Day Off*, beginning at 7:30 p.m. in the Bovee UC Commuter Room.

**Tuesday**/The CMU Staff Association meets from 10 a.m. to noon in the Bovee UC Auditorium.

**Tuesday**/The Football Sideline Luncheon begins at 11:30 a.m. at The Embers. Cost is $5 a person.

**Tuesday**/"Applied Assertiveness" is the topic of a Professional Development Workshop from 11:30 a.m. to 1:30 p.m. in the Wolverine Room of the Bovee UC. Call Sandy Harrison at 3264 to register.

**Tuesday**/The Geography Speaker Series presents Frank Quinn of the Great Lakes Environmental Research Laboratory at 7:30 p.m. in Brooks 307. His topic will be "Future Great Lakes Water Levels."

6 ▪ Central Michigan LIFE ☐ November 18, 1987

# Home pregnancy test is unreliable

*(Editor's Note: Today begins CM LIFE's question-and-answer column, For a Healthy LIFE, which will, every other Wednesday, address matters of personal health, fitness and nutrition.)*

**Q: Are the at-home pregnancy tests as effective as tests given by doctors?**

A: No, because at-home pregnancy tests are 1) very subject to a limited shelf life, 2) sensitive to temperature changes (even room temperature) and 3) require a very careful technique. The tests given by doctors are reliable seven to 10 days after conception, which is before a missed period.

*-- Dr. Gay Freeman, chief of staff, University Health Services.*

## For a healthy LIFE

**Q: My boyfriend goes out and gets drunk several times a week, does this mean he's an alcoholic?**

A: Alcoholism is a chronic, progressive and incurable disease that is characterized by loss of control over alcohol and other sedative drugs. The possible outcomes are death, organic mental impairment or recovery. A lack of predictibility when drinking is an important symptom of alcoholism. Getting drunk several times a week does not necessarily mean your boyfriend is an alcoholic.

An individual does not need to be an alcoholic to have alcohol-related life problems. Some negative consequences of drinking include: decreased efficiency, hangovers, missed classes, fights, drinking and driving, spending money that one doesn't have, blackouts, putting oneself or someone else in dangerous situations and unintended sexual relationships.

I encourage all individuals who drink to periodically stop and evaluate the role of alcohol in their lives. If your boyfriend's drinking is a problem for you, you should seek help for yourself at the Counseling Center, Mount Pleasant Counseling Services, family counseling services or an Al-A-Non group.

*-- Ross Rapaport, associate professor of counseling and coordinator, Alcohol and Drug Abuse Intervention and Prevention Program.*

**Q: I've been feeling really run-down lately. One of my friends said that I might not be getting enough iron. I want to take iron supplements, how much should I take?**

A: First of all, there may be many reasons for your fatigue. These reasons may not be physical or psychological. What is important is to understand the cause. If you believe that you are low in iron, I suggest having a lab test at Health Services. The doctor would be able to determine if you are iron-deficient and prescribe supplements if so.

Secondly, if you find that you do not have an iron deficiency it is always a good idea to eat plenty of iron-rich foods to prevent becoming low in iron. Some iron-rich foods are cereals, prunes and apricots, lean meats and baked beans. It is also helpful to drink a citrus fruit if you are consuming non-animal foods. By doing this, iron absorption is greatly enhanced. Another good idea is to avoid drinking coffee or tea which can block as much as 50 percent of iron absorbed. Cooking acid foods like spaghetti sauce in an iron skillet also adds iron to foods.

*-- Carolyn Hoffman, assistant professor, home economics, family life and consumer education.*

*(Students and other members of the University community are invited to submit questions to: Question and Answer Column, Warriner Box 99, Mount Pleasant, MI 48859.*

BEST COPY AVAILABLE

Central Michigan Life

# A confrontation can help problem drinkers

10/14

Sometimes we worry about someone when that person doesn't seem to be willing to acknowledge a problem. An intervention is a way to help that individual.

An active confrontation of specific behaviors by caring others, an intervention is designed to increase awareness of problem behaviors, to prevent problems from becoming worse and to promote referral for further assessment and possible treatment.

An intervention takes advantage of a unique opportunity to really make a difference and to help someone you care about.

### Problem drinking

Some behaviors which may require an intervention are those involved in a pattern of problem drinking. One of the symptoms of the illness of alcoholism is denial which results in the problem being much more evident to others than to the drinker.

### How can you help the problem drinker?

In general, you can help someone who has a drinking problem in three stages. First, learn about problem drinking and sources of treatment. Second, guide the person to treatment. Third, support the person both during and after treatment. It is important to remember that people are not "bad" or "terrible" if they have a drinking problem. They simply may have gotten into something they cannot handle or they may have the disease of alcoholism.

**Counselor's Corner**

## Ross Rapaport

Another way to help the problem drinker is not to be part of the problem yourself. Most of us do well-meaning things that actually encourage problem drinking to continue. This process is known as "enabling." You enable people to keep drinking and deny problems whenever you do anything to help them escape the harmful consequences of drinking. Some examples are:

☐ Lying or making excuses for them.
☐ Lending them money after they have spent their own on alcohol.
☐ Denying the problem yourself.
☐ Drinking along with them.
☐ Not talking about their drinking because they get angry.
☐ Justifying drinking ("He's under so much pressure.").
☐ Controlling (hiding the alcohol).
☐ Minimizing ("It's not so bad.").
☐ Avoiding problems to keep the peace.
☐ Taking over responsibilities (cleaning up a mess made while drunk).

Don't be an enabler. Be part of the solution by learning the facts about alcohol problems and participating in an intervention.

### How to identify a problem drinker

It is not how much alcohol a person consumes or what kind of alcohol a person consumes or how often a person drinks alcohol that defines problem drinking or alcoholism. The important variable is what happens when a person drinks. You should be concerned about someone who has problems associated with drinking and who continues to drink in spite of those problems.

The following behaviors suggest abuse of or dependency on alcohol:

☐ Planned, systematic misuse of alcohol.
☐ Preoccupied with partying.
☐ Pattern of drinking more than intended.
☐ Tolerance (drinking more to get same effect).
☐ Blackouts (loss of memory).
☐ Negative effects because of alcohol consumption (for example, interference with academic performance, work, leisure, or relationships with others).
☐ Drinking and driving.
☐ Physical injury when using alcohol.
☐ Legal problems.
☐ Feeling compelled to drink rather than choosing to drink.
☐ Needing alcohol for a good time.
☐ Regular drinking to intoxication.
☐ Unpredictable results of drinking.

A problem drinker may not show all of these behaviors. In fact some of them may occur occasionally in all who drink alcohol. It is important to observe if there is a pattern of repeated behaviors and to note how severe or disrupted the behaviors have been.

☐ If you have observed a pattern of some of these behaviors in an individual, you may want to consider the intervention process described below. Make sure that the individual is sober and in a private place when you talk about your concerns.

### The intervention process

Examine your own values and attitudes about the problem and about the individual.

Become informed about the problem.

Develop the skills and a plan to communicate your concern.

— Should you be the person to intervene?
— Who else should be involved?
— Express your caring and concern.
— Be behaviorally specific in your examples of problem behaviors; consider keeping a written record of your observations.
— Do not "label" or criticize.

Learn about appropriate referral sources and help the individual to make and keep an appointment.

Provide support during treatment.

Do not be discouraged if the intervention doesn't work.

This article was written by myself and Elizabeth Yarris from Bowling Green State University.

CMU
WELLNESS RESOURCE CENTER

CENTRAL MICHIGAN UNIVERSITY

October 27, 1987

Dear Coach:

We represent Central Michigan University's Alcohol and Drug Education Program, located in the Wellness Resource Center. The goal of this program is to promote responsible drinking on campus, and to provide alcohol and drug education. We have recently developed an alcohol education program specifically for women athletes.

We would like the opportunity to present this program to your team members. The content to be covered will include how alcohol effects performance, specific women's issues related to alcohol, responsible drinking, dealing with peer pressure, problem drinking, and how to help a friend. This content will be covered in approximately one hour.

If you feel your team would benefit from this type of program, we would like to hear from you.

Please contact us at the Wellness Resource Center, 774-3203, on or before Friday, November 6th.

Thank you!

Sincerely,

Sherri Look
Laura Streng

SL/cw

CMU
WELLNESS RESOURCE CENTER

CENTRAL MICHIGAN UNIVERSITY

C&O T-Shirts
1530 S. Mission
Mt. Pleasant, MI 48858

November 25, 1987

The Central Michigan University Wellness Resource Center and Eta Sigma Gamma wish to thank you for your donation toward our activities during National Collegiate Alcohol Awareness Week 1987.

Your participation has helped us deliver an important message and strengthen the relationship between the University and the community.

The week was very successful and couldn't have happened without the help of organizations like yours.

Thank You,

Kevin Rabineau

Kevin Rabineau
Wellness Services Coordinator
Central Michigan University

BOX 99 WARRINER HALL
MOUNT PLEASANT, MICHIGAN 48859

Lauran Smelter

JRN 116

November 4, 1987

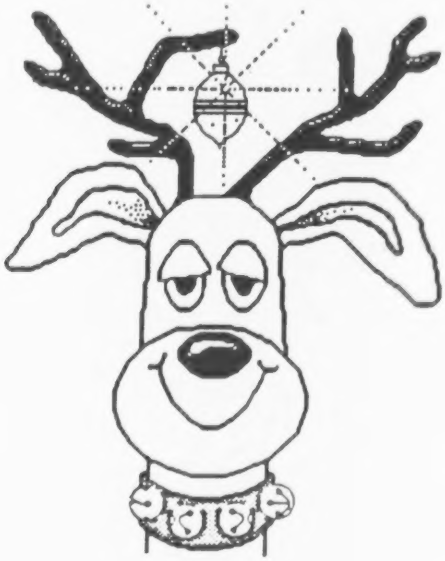
To be used for PSA & Posters
during Final exam week "Holiday Blitz"

Headline: The Only One Who Should Be "lit-up" When Driving.

Sub Headline: Don't Drink and Drive.

Body of Copy:

The holiday season is a time to celebrate with friends. When the celebrating gets out of hand, it's time to be a real friend. Alcohol is almost always included in the holiday cheer. Which is fine, until the drinking gets to an excessive amount for an individual. Then it is time to take responsibility. If that person is driving home, don't let them. Be a real friend. Give the gift of life, when a person you care about gets "lit-up," don't let them drive. For more information contact the Wellness Resource Center.



CMU
WELLNESS RESOURCE CENTER

CENTRAL MICHIGAN UNIVERSITY

WCFX FOXY 95
11170 N Mission
Clare, MI

Dear WCFX Staff,

Central Michigan University is again observing National Collegiate Alcohol Awareness Week. Our efforts to educate the community about alcohol and drug issues will be even more effective with the help of your station. It would be appreciated if the attached PSAs could be aired as often as possible, daily during the week of October 19-24, 1987.

Thank You for your help,

Kevin Rabineau

Kevin P. Rabineau
C.M.U. Wellness Services Coordinator

Time: 30 seconds

This is National Collegiate Alcohol Awareness Week. Central Michigan University is joining other colleges and universities nationwide to encourage responsible decision-making about alcohol and to combat misuse through education. It's a lesson we can take with us long after this week is over. Please join in the activities planned throughout the week. For further details, please call 774-3203.

BOX 99 WARRINER HALL
MOUNT PLEASANT MICHIGAN 48859

CENTRAL MICHIGAN UNIVERSITY
HOMECOMING COMMITTEE

University Health Services
Wellness Resource Center
Eta Sigma Gamma

## CENTRAL MICHIGAN UNIVERSITY HOMECOMING PARADE LINE UP 1987

Float theme: "Yield the Keys, when driving"

Dear Participants:

Thank you for participating in the CMU Homecoming Parade. The Parade will assemble in Lot 22, next to the Towers, on Saturday morning, October 17, 1987.

We would appreciate your arrival sometime between 8:30 a.m., and 9:15 a.m. All floats wishing to enter competition to the judged are requested to arrive by 8:30 a.m. Promptness is essential in order for the Parade to get underway by 9:45 a.m. The Parade will not be delayed.

Your row number is (1-9) 2 and your entry letter is (A-G) C. Please meet at the row number you are assigned. There will be uniformed ROTC cadets there with signs to assist you into order. I cannot overstress the importance of punctuality.

The Parade will end in the Rowe Hall Parking Lot at approximately 11:15 a.m. This year all floats will be on display at the Intramurals Field, northeast of the football stadium, shortly after the Parade. The Parade Committee cannot assume any responsibility for the floats. If there are any questions or problems of any kind, please feel free to contact us.

GOOD LUCK!

Maureen McGrath
311 Larzelere Hall, CMU
Mt. Pleasant, MI 48859
774-4600

Brian Smith
112 Tate Hall, CMU
Mt. Pleasant, MI 48858
774-4750

Office of Student Life
251 Foust Hall, CMU
Mt. Pleasant, MI 48859
774-3016

251 Foust Hall
517 774 3016
Mt. Pleasant, Michigan 48859

December 1, 1987

CENTRAL MICHIGAN UNIVERSITY
*SCHOOL OF HEALTH, PHYSICAL EDUCATION AND RECREATION*
*OFFICE OF THE DEAN*

Ross,

Just to let you know...

Laura Streng and Sherri Look did a presentation on alcohol to my track team, as well as the field hocky and volleyball teams Wed. Nov. 18th. I sat in on their presentation and they both did an excellent job! The information they presented was very informational, but the way in which the information was presented was excellent! They kept the attention of everyone the entire 45 minutes. They were well-prepared, knowledable, and entertaining. I am glad they were available for us.

Keela Yount

## COMMUNITY DONATIONS

Fabiano Brothers - blood alcohol content cards

Will Rogers Institute - flyers, posters, bumper stickers

C&O Sportswear - 2 hats

Campus Sports - 1 sweatshirt

Giantway Foods - 200 papercups and storewide advertising via speaker system

Seven-Eleven - 80 free "Slurpee" certificates

Coca-Cola Bottling - 5 cases of Coca-Cola

Pepsi-Cola - 10 cases of Pepsi products and 300 cups

# TEACHING ENRICHMENT

A newsletter for sharing ideas among CMU faculty.
Vol. 2 No. 2
November 1987

## The Days Ahead

The following Faculty Development Workshops are scheduled from 3p.m. to 5p.m. in the University Center's Lake St. Clair Room unless otherwise indicated.

***Please note that the workshops on Humor and Teaching Anxiety have been rescheduled opposite two writing workshops.***

| | | |
|---|---|---|
| Nov. | 2 | **Managing Large Classes**<br>**Linda Bartley, Paul Donn, Elizabeth Hansen, Wayne Osborn and Janet Yerby** |
| Nov. | 9 | **Using Audio-Visuals to Achieve More Learning**<br>**Bill Low and Steve Zlotolow** |
| Nov. | 16 | **Writing Across the Curriculum (1)**<br>**Ron Primeau** |
| | | **Coping with Teaching Anxiety**<br>**Ross Rapaport**<br>**(UC, Lake Huron Room)** |
| Nov. | 23 | **Writing Across the Curriculum (2)**<br>**Ron Primeau** |
| Nov. | 30 | **Writing Across the Curriculum (3)**<br>**Ron Primeau** |
| | | **Managing with Positive Humor**<br>**James Carroll and Sherri Dimmer**<br>**(UC, Isabella Room)** |
| Dec. | 7 | **Checking Students' Understanding in Innovative Ways**<br>**Chuck Eiszler** |

Those unable to attend the workshops will be able to view videos of these presentations. The videos will be made available through SISC on the first floor of Park Library. **Increasing Lecturing Effectiveness**, conducted by Raymond Johnson on Oct. 12, can be obtained through accession number 502-5197. Other accession numbers for succeeding workshop tapes will be printed in this publication as they become available. Questions may be placed with Rob Faleer (3891), Educational Media Services.

## ClassroomTeaching Strategies for Alcohol and Drug Problems

*This article was written by* ***Ross Rapaport****, counselor in Foust 102.*

Alcohol and other drug problems are prevalent in all areas of society. Colleges and universities are no exception. As coordinator of our campus Alcohol and Drug Abuse Intervention and Prevention Program, I am often asked what can be done to help combat these problems. Everyone can play a significant role in our campus-wide efforts without sacrificing his/her primary mission.

First, each of us needs to examine the role of alcohol and other drugs in his/her own life. We are role models for our students. In many cases they determine what is appropriate behavior by our actions. We need to be healthy models for our students.

Second, one of the most exciting possibilities for faculty involvement is to incorporate relevant material into lectures and to make assignments which would allow students to educate themselves further about alcohol and drug problems. That can be done in many different types of classes. For example, the effects of alcoholism on famous writers and their creative process can be discussed in English literature classes. The biochemistry of

continued on page 2

Inside

Sharing Ideas .......................................... page 2
The Art of Questioning .......................... page 3

alcoholism can be considered in chemistry or physiology classes. The effects of alcoholism on families can be discussed in child development and psychology classes. Alcohol and nutrition can be examined in home economics and health education classes. Since alcohol and drug problems are so widespread and complex, virtually any class, should the instructor so desire, can spend some time on this topic.

Assignments can encourage students to educate themselves further in this area. For example, in an English composition class, students can be encouraged to write essays about the role of alcohol and other drug use in their own lives or in the lives of people they care about. Advertising classes can examine the role of advertising in creating demand for alcohol products in under-age consumers. Research methodology classes can encourage students to undertake a survey of drug usage among students at CMU. Classes that teach interviewing skills can assign students to interview people about their alcohol consumption and other drug usage. Economics classes can examine the relationship between pricing of alcoholic beverages and consumer demand. Business management courses can explore the need for and effects of implementing an employee assistance program in business and industry. Obviously, the possibilities are limited only by the creativity of the instructor.

Alcohol and other drug education speakers and films can also be used in classes to supplement regular ongoing lectures. There is a vast amount of information -- including printed materials, videotapes and films – available in and through the Wellness Resource Center (3203), located in the lower level of Bovee University Center.

Third, after alcohol and drug education assignments are made and papers are written, it is likely that faculty members will become aware of students who have problems. Learning about the disease of alcoholism and other chemical dependencies and how to help others with alcohol and drug problems is essential. Faculty members can also familiarize themselves with local and regional resources to assist individuals.

TEACHING ENRICHMENT

*A newsletter for sharing ideas among CMU faculty members funded by the Faculty Teaching and Program Development Committee.*

Editor: Guy Meiss
Managing Editor: Mary Kemp
Contributors: Ross Rapaport, Mike Kanitz, Mary Senter, and Susan G. Miles

[illegible]

The CMU Counseling Center is available to assist students, faculty and staff who have alcohol and other drug problems. In our community, Mt. Pleasant Counseling Services and Family Counseling Services are excellent referral sources for individuals with alcohol and drug problems. Any of these places would be happy to assist an instructor who wishes to develop a strategy for talking with a student. We also have an excellent network of Alcoholics Anonymous, Al-Anon, and Adult Children of Alcoholics in our community.

If you would like to discuss incorporating some alcohol and drug education strategies or materials into courses that you teach, contact me at the Counseling Center (3381). I appreciate the opportunity to be able to communicate with you through this newsletter.

## Sharing Ideas

*The following ideas were contributed by Mike Kanitz and Mary Senter. We encourage faculty to use this newsletter as a vehicle for ideas on teaching development.*

### Professor of the Year Award

The Council for Advancement and Support of Education makes an annual Professor of the Year Award. Finalists for such an award usually seem to understand the teaching process very well. Answers from award winners to such questions as: "How do students learn?" and "What is the relationship between your teaching and the 'real world' beyond the classroom?" reveal some interesting insights.

The following articles are available at no cost to faculty and will be mailed upon request.

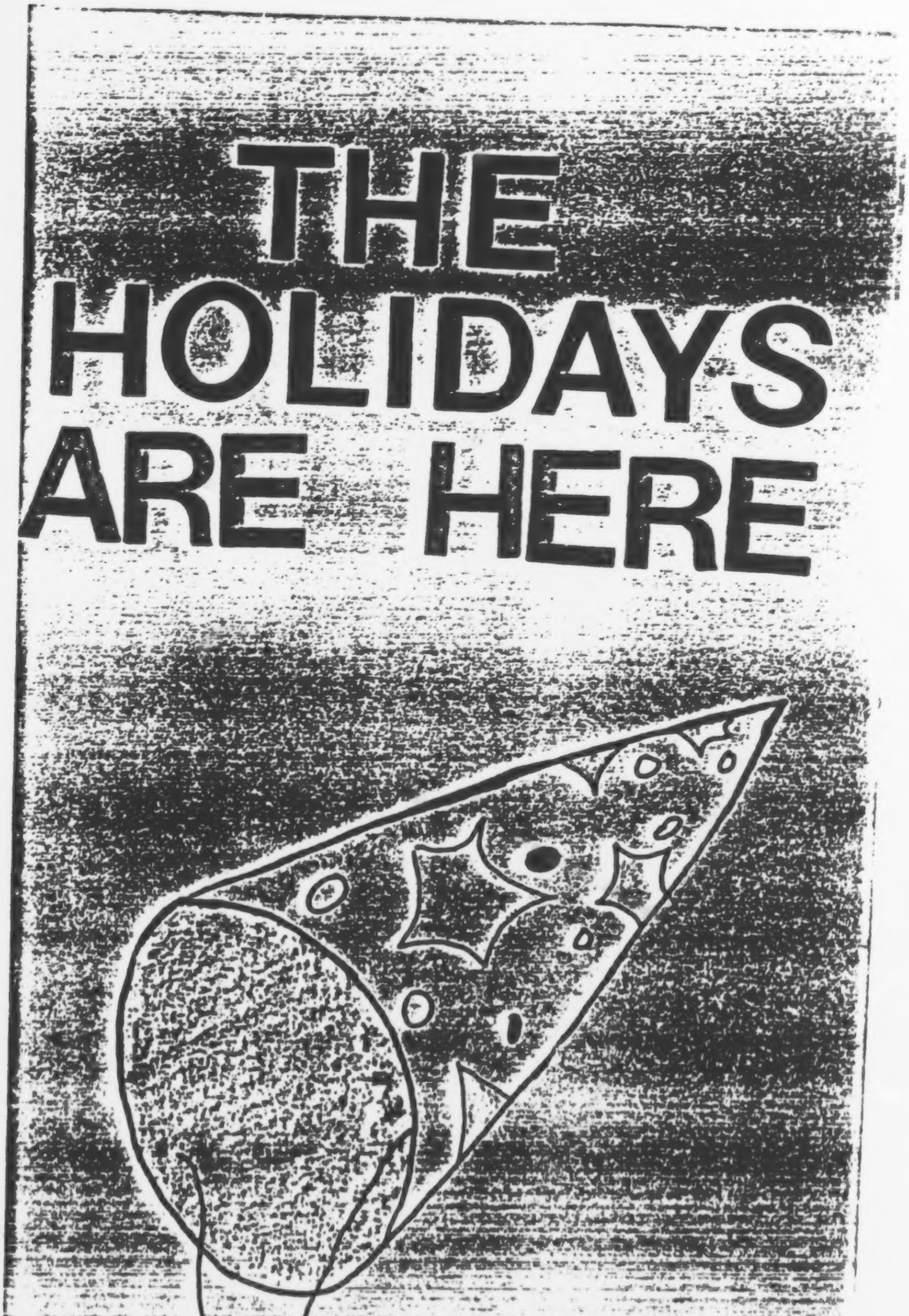
#101 "A Wise but Lonely Wanderer": How Professors Avoid Getting Bored -- and Boring.

#102 "Why Don't You Get a Real Job?": Professors Who Enjoy Their Work.

#103 "Students Passionate About Their Learning": The End Products of the Profession.

Call Mike Kanitz at 3381 to request single copies. CASE Professor of the Year finalists are expert in their knowledge of the teaching process.

continued on page [illegible]


THE
HOLIDAYS
ARE HERE

## PARTY GIVERS

### TIPS TO KEEP YOUR PARTY ALIVE

1. Always serve food with alcohol. High protein foods like cheese and meats are especially good. They stay in the stomach longer, which helps slow down the body absorbing alcohol.
2. Serve nonalcoholic beverages. It is likely that some of your guests will not want to drink alcohol.
3. Don't force drinks on your guests or rush to refill their glasses when empty. Some guests accept drinks they don't want to avoid appearing rude.
4. Stop serving alcohol about two hours before the party is over. Guests then have extra time for their bodies to absorb the alcohol consumed. Serve coffee or other nonalcoholic beverages as well as food.
5. If you observe a guest drinking too much:
   - engage him/her in conversation to slow down the drinking
   - offer high protein food
   - offer tomake the next drink using less alcohol.

**REMEMBER: Neither coffee nor a cold shower will help sober someone up. Only time can do that.**

### WHEN THE PARTY'S OVER

1. Suggest that you or a sober friend drive an impaired guest home. The care can be picked up the next day.
2. Suggest that your impaired guest stay overnight in your home. This could save your friends life.
3. Take away the keys if your friend insists on driving.
4. Have your guest taken home in a taxi. Pay for the ride yourself. It's hard to object to a free ride.

Whatever you do, don't give in. Friends don't let friends drink and then drive. In the morning you'll have a safe and maybe even closer friend.

# BE A RESPONSIBLE PARTY PLANNER

## DRINKS FOR DRIVERS

### VIRGIN TEQUILLA SUNRISE

Glass of orange juice
¼ jigger grenadine

### VIRGIN STRAWBERRY DAIQUIRIS

jigger lime juice
5 strawberries
ice
blenderize

Add strawberry on top of glass. Substitute banana to make banana daiquiri.

### VIRGIN PINA COLADA

Jigger pineapple juice
½ jigger coconut cream
Blenderize. Plag

### PERRIER AND LIME

french perrier water
lime
ice

THESE ARE JUST SOME IDEAS FOR NONALCOHOLIC DRINKS. BE CREATIVE AND MAKE YOUR OWN.

THE HOUSING DEPARTMENT WISHES YOU A SAFE AND HAPPY HOLIDAY

# THE LIVING BETTER LETTER

designed to help you in making healthful decisions during exams, the holidays and everyday.

MU
WELLNESS RESOURCE
CENTER

A Unit of the Student Affairs Division

HEALTH
2
HOLIDAY
BLITZ
ETA SIGMA GAMMA

ALCOHOL

STRESS

CAFFEINE

NUTRITION

EXERCISE

# THE LIVING BETTER LETTER

designed to help you in making healthful
decisions during exams, the holidays and everyday.

CMU
WELLNESS RESOURCE
CENTER

[illegible] A Unit of the Student Affairs Division

HEALTH
HOLIDAY
BLITZ
ETA SIGMA GAMMA

## Health Lines

For more information, please call any of the following

| Contact | Phone number |
|---|---|
| University Health Services | 774-3055 |
| Wellness Resource Center | 774-3202 |
| Wellness Resource Center<br>(Alcohol and Drug Information) | 774-3203 |
| Eta Sigma Gamma | 774-3541 |
| CMU Counseling Center | 774-3381 |

## * BUBBA FOUND ADS TASTELESS

Former pro football player Bubba Smith says he has decided to bow out of Lite Beer commercials. When he appeared at his alma mater's homecoming and the students yelled the beer's slogans instead of cheering the team. "I didn't know what it was doing to the kids," He said. "Once I saw it, I thought, I'm not going to do it anymore. "How much money can you make before you ruin everybody."

He said he made the decision after serving as grand marshal in Michigan State University homecoming parade last year. "I thought everyone was very fired up. All of a sudden, one side of the street started saying, "Tastes great," and the other side would answer, "Less filling." "It just totally freaked me out," Smith said. "When I went to the bonfire, they were just completely drunk out of their heads."

## *THINKING AND DRINKING DONT MIX

Heavy drinkers tend to lose their ability for high-level, abstract thinking - even when sober. Slightly tipsy (one drink beyond the usualy daily quota) imbibers' thinking scores drop dramatically. Drinking may take a greater toll on the mind than aging does.

Research psychologist Elizabeth S. Parker,
quoted in American Health magazine, New York

## EXERCISE

During the stressful time of exams and during the relaxing time at vacation, students should be sure to take time to exercise. Exercise provides an excellent opportunity to break away from the books for a few minutes of enjoyment. Regular exercise will increase alertness and help in combatting stress and doesn't require a great deal of time. Any activity that raises your heart rate to between 75 to 85% of your maximum heart rate (220-age) that lasts at least 20 minutes will provide exercise benefits. Be sure to choose an activity that you enjoy to make best use of the time. If you are not regularly active, be sure to start out at a low intensity level to avoid injury. These activities should be done at least three times a week, preferably four. They can become part of a daily routine to provide an outlet after the long hours of studying and will help increase alertness in your studying.

Start your exercise with a warm-up period of 5 to 10 minutes to prepare the body for the more intense activity to follow. Allow a cool down period after your exercise to allow breathing and heart rate to return to normal.

# WHAT TO KNOW ABOUT THE EFFECTS OF CAFFEINE ON YOU

People often think that increasing the intake of caffeine during exam time will help keep them awake to study. Caffeine will keep them awake to study, because it is a stimulant, but caffeine has many side effects:

*Caffeine produces trembling, nervousness, chronic muscle tension, irritability, throbbing headaches, disorientation, sluggishness, depression, and insomnia.

*Caffeine can increase urination.

*Caffeine stimulates production of stomach acid (if you have an ulcer this could cause much discomfort, because the ulcer is irritated.)

*In non-prescription drugs, caffeine has shown little or no evidence that it relieves pain, aids weight loss, eases menstrual cramps or serves any other effective role.

Listed below is the caffeine content of some beverages and foods; which people tend to consume more of during exam time:

| Coffee - 5 oz. cup | mg. caffeine | Tea - 5 oz. cup | mg. caffeine |
|---|---|---|---|
| Brewed - drip method | 142-153 | Brewed, major US brands | 40 |
| Instant | 65 | Instant | 30 |
| Decaffeinated - brewed | 2-3 | Milk Chocolate - 1 oz. | 35 |

(drip method of brewing produces a higher content than a percolator method.)

| Soft Drinks | mg. caffeine/12 oz |
|---|---|
| Super Big Gulp (Coke) | 242 |
| Big Gulp (Coke) | 177 |
| Coke | 65 |
| Dr. Pepper | 61 |
| Mountain Dew | 55 |
| Sugar Free Dr. Pepper | 54 |
| Tab | 50 |
| Diet Coke | 45.6 |
| Pepsi | 43 |
| Diet Pepsi | 36 |

| Caffeine Content of Non-Prescription Drugs | mg. caffeine |
|---|---|
| Dexatrim, Dexatrim Extra Strength | 200 |
| Nodoz | 200 |
| Vivarin | 200 |
| Maximum Strength Aqua Ban Plus | 200 |
| Prolamine | 140 |
| Excedrin | 65 |
| Midol | 32.4 |

Information compiled from:

FDA Consumer - Department of Health and Human Services Publication No. FDA 84-2184, The Latest Caffeine Scorecard.

Caffeine Content of Beverages, Nutrition Graphics, 1980.

Caffeine: What is Does, Consumer Reports, October 1981, pp. 595-596.

Caffeine: How to Consume Less, Consumer Reports, October 1981, pp. 597-599.

University of California- Berkley Wellness Letter, 1986, pp. 4-5.

## NUTRITION IN THE HOLIDAY SEASON

It is possible for students to enjoy the festive occasions of Christmas and maintain their weight. The key is for students to make nutritional choices according to Dr. Richard Parr, professor of Health Science. Individuals should be in charge of their intake and avoid the suggestive pressure of the party atmosphere to indulge in sweets and candies. An important factor is to plan ahead and reduce intake before going to the party. During the party, choose fresh fruits and whole grain natural foods such as muffins and crackers if they are offered instead of cakes and cookies. Individuals should moderate their consumption of alcohol and choose the light varieties of beer and wine, while avoiding mixed drinks which are usually high in sugar. It can be easy to lose track of your intake at parties with the many conversations and activities that take place, so individuals should remain aware of their intake at all times. If you find you've eaten more than you would like, remember to increase your exercise level to burn off the extra calories. It is possible to maintain weight during the holidays, but smart nutritional choices must be made.

## STRESS: **STUDYING**

Do:

*Choose a quiet place to study
*Take breaks
*Seek help if you need it
*Learn to manage your time-
    Make a list and prioritize the items
*Recognize limitations -
    Don't tell yourself you have to study more than what your body can handle. If you're falling asleep and it's your regular bed time, than don't fight it.

Don't:

*Give into peer pressure - Study!
*Rely on cramming

Be Prepared

*Ask about information to be on the exam
*Review your notes

Master Test Taking Skills

*Read all directions thoroughly
*Survey the test
*Budget your time
*Outline Essay answers
*Work one question at a time
*Mark hard ones and go back
*Concentrate

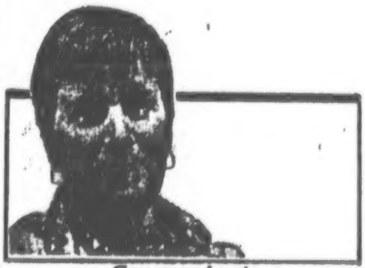
Relaxation Techniques

*10-15 minutes of quiet
    Tighten then relax
    *Reward yourself with soothing music when you get tired of studying
*Be optimistic
*Encourage yourself with positive thinking
    *Don't let past efforts affect you negatively

ALCOHOL

# There are ways to control levels of stress

12/2/87



**Counselor's corner**

## Marilyn Rosenbaum

November and December are two months of the year that can be full of stress for students. In November, students are writing papers, working on projects that are due in December and beginning to study for final exams. The pressure builds and stress levels rise.

The dictionary defines stress as physical, chemical and emotional factors that cause bodily or mental tension and may be a factor in disease causation. Sometimes students experience one or all of the above portions of this definition. It can be helpful to be able to recognize stress levels and then plan a program to reduce the level.

First, it is important to know that some stress is necessary to life. If you didn't experience any stress, you would not be able to concentrate or focus your attention. These are the weeks that students need to be able to complete tasks and get the work done. Problems occur when the work feels overwhelming and the pressure of too little time becomes evident. So what symptoms indicate too much stress?

When stress levels rise too high, students may notice some physical symptoms. Common symptoms occur in the gastro-intestinal system. These include stomach aches, diarrhea, constipation and nausea, loss of appetite or eating too much. You might experience insomnia or sleeping too much, waking up in the night and not falling back to sleep. Grinding or gritting the teeth are signs of high stress as are headaches or backaches.

You may be able to recognize some behavioral signs of high stress levels. As the rush of the end of the semester approaches, do you find yourself resisting going to class? You may procrastinate and go out with friends when you know you have a lot of work to finish. Do you catch yourself watching the clock in classes? Do you tell yourself you don't care how well the paper is composed or how complete the project is, you just want to get it done? You are tired, fatigued and functioning on overload. A problem with waiting to do the work until these symptoms are noticeable is that you might do less than your best and that has the potential to earn you lower grades than you are capable of earning.

There are particular feelings that coincide with these behaviors. Many students feel depressed, feel impatient or intolerant and end up feeling helpless. It's important to watch that these feelings don't become so overpowering that you become immobilized.

There are some ways that students use to cope with stress that can be self-destructive rather than helpful if used in excess. Alcohol is one. Do you find that your own alcohol consumption increases as your stress level rises? If so, the alcohol may reduce your stress level temporarily, but in the long run can make you feel incompetent and helpless to get the work done. A second problematic way to cope with stress is an increased use of caffeine. Caffeine in coffee, soft drinks or in over the counter drugs such as No Doz can make you stay awake while you write papers or study for exams, but can make you very shaky and dizzy.

But there are ways to decrease your stress level constructively.

☐ Start writing papers or working on projects many days or weeks before they are due. That can give you time to do your best.

☐ Ask for help. Perhaps classmates would study for an exam with you. Your roommate or friend might proof-read your paper.

☐ Plan your use of time. If you can help make you work predictable you will feel you have control over what's happening in your life when stress is high.

☐ Take breaks from study and work. Taking time to play can give your mind and body a rest. Rejuvenate yourself so that you can concentrate more fully when you return to your studies.

☐ Exercise. Choose an activity that will increase your heart rate and last for 20 minutes. Walking, jogging, swimming are some examples. You needn't be athletic to benefit from exercise.

☐ Eat properly. When you feel burdened with school work, do you take time for nutritious meals and snacks or do you eat junk food? Your body needs energy derived from well-balanced nutrition.

Too much stress is burnout. Too little stress is rust out. Be alert to find the balance between these two for you.

# 'Mocktails' offer cheer without alcohol

by **LAURA PHILLIPS**
LIFE Staff Writer

If you like the taste of cocktails but don't want the alcohol, mocktails may be the answer.

Mock-tails are non-alcoholic mixed drinks that are becoming more popular with people who want to drink responsibly.

"With so many drinks on the market today, like fruity drinks, if you take out the alcohol, they taste nearly the same," Wellness Services Coordinator Kevin Rabineau said.

"If you can get that very same taste and you don't want the effect of alcohol, you can use the mocktails," he added.

Ross Rapaport, coordinator of the Alcohol Abuse and Intervention program, added mocktails can help hosts plan responsible parties. Liability issues also can be avoided when using non-alcoholic beverages.

"People have to realize that they're responsible for the behavior of their guests," he said "If somebody gets drunk at your party and goes out and kills somebody, you could be sued."

Part of having a responsible party, Rapaport said, is "having alcoholic and non-alcoholic drinks equally and prominently displayed."

"Also, plan in advance what you're going to do to prevent people from driving when they've had too much," he added.

12/2/87

Rabineau said mocktails can be a nice alternative for those who don't want to drink or have to drive home. Those who want to drink responsibly can have both alcoholic drinks and mocktails.

# Health awareness week planned

by **LINDA WOOLSTON**
LIFE Staff Writer

At a time when students tend to run themselves — the week before finals — some campus groups want to make sure students stay healthy.

So the Wellness Resource Center, Health Services and Eta Sigma Gamma, an honorary health fraternity, have targeted the week of Dec. 7-11 for a "Health Blitz."

The event will help people learn about things like the need for good sleep and nutrition and ways to prevent feeling stressed.

"We'll distribute some public service announcements, particularly related to drinking and driving, to area radio stations, too," Janine O'Connell, Eta Sigma Gamma president, said.

Monday night at an undetermined location in Sweeney Hall, O'Connell will talk to hall residents about preparing for finals week. Effects of caffeine on the system will be included.

O'Connell said the meeting time has not been decided upon yet, but predicted it to be 7:30 p.m. or 8 p.m.

"We just want to let (students) know what goes on when they drink those Super Big Gulps," O'Connell, Roseville senior, said.

For example, people taking caffeine while studying also have to be under its influence during the test to remember what they learned, O'Connell said.

Health Services will distribute a booklet to all residence hall assistants, department chairpersons and off-campus housing concerning such things as cigarettes, sleep, caffeine, nutrition, stress, alcohol and exercise.

# Other **Board** Action

CMLife
12/14/87

☐ **Emeritus resolutions.** George Jennings, who is retiring as CMU's Housing director, was given emeritus rank by the Board. Jennings was part of the Auxiliary Services staff for 21 years.

L. Michael Carson was given professor emeritus rank after 28 years as a full-time faculty member in the chemistry department.

☐ **Honorary degree.** The Board approved the awarding of an honorary doctorate of public service to Margaret Heckler, the December graduation speaker. Heckler is the U.S. ambassador to Ireland and served as secretary of the U.S. Department of Health and Human Services.

☐ **Towle professorship.** The Board established the Edwin J. Towle Professorship in Education. The professorship would pay for an outstanding teacher to serve CMU's teacher education program.

☐ **Alcohol and drug awareness report.** Ross Rapaport, counselor and coordinator of the CMU Alcohol and Drug Abuse Intervention and Prevention Program briefed Board members on some of alcohol and drug awareness events which have been conducted on campus [illegible] [illegible]87

# The ONLY one who should be "LIT-UP" when driving

**The Alcohol and Drug Abuse Intervention and Prevention Program, University Health Services, the Wellness Resource Center, units of the Division of Student Affairs, and Eta Sigma Gamma**